

Find The Perfect T-Shirt & Jeans Inside!

seventeen

July 2007

Insider
BEAUTY
Tricks
From
Victoria's Secret
Models!

**Jessica
Alba**

Reveals Her
Secret For
A Perfect Kiss

503
**Cute
Summer
Looks**

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PROTECT
YOURSELF

**The Deadly Disease You
Could Get At The Beach!**

**FREE
LIP GLOSS**
For You! page 3

**HAVE
FUN
& Get Toned**

You Won't Even
Know You're Working Out!

CLINICAL STUDIES REPORT



name *Andrea*

age *21*

home state *Texas*

occupation *Recent graduate*

skin type *oily and acne prone*

why did you decide to participate in this study? *I've tried everything else*

and nothing has worked, so I figured it couldn't hurt.

how do you use the system? *Twice a day, in the morning and the*

evening. I wash my face with the cleanser, then use

the lotion then blot the spot treatment on the bad areas.

It sounds like a lot, but covering up the acne is much

more work than using this system.

summarize the results you have experienced so far. *I see a big difference.*

My skin just looks so much better!

do other people notice? *Definitely! Those big red things on my*

face are gone. People look me in the eye when they

talk to me instead of staring at my zit.

will you continue using this system after the study?

Yes! This is the only

thing that has worked for me.

CLEAN & CLEAR® ADVANTAGE® Acne Control Kit

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gorgeous pedi
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cover look



JESSICA'S COVER STYLE: To get Jessica's look, try these products by Revlon. **Dust** ColorStay 12 Hour Eye Shadow in In the Buff on your eyelids. **Line** your upper lashlines with ColorStay Eyeliner with SoftFlex in Navy.

Follow with two coats of 3D Extreme Mascara in Black on your upper lashes only. **Sweep** Bronzer in Sunkissed Bronze on your cheekbones. **Finish** with a coat of Super Lustrous Lipgloss in Nude Lustre on your lips. **Jessica's wearing:** Dress by Poleci. Earrings by Shophullabaloo. Fashion Stylist: Beau Quillian. Hair: Robert Ramos. Makeup: Monika Blunder. **PHOTOS:** Cliff Watts.

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PAGE 116 FOR
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Overcome your obstacles.

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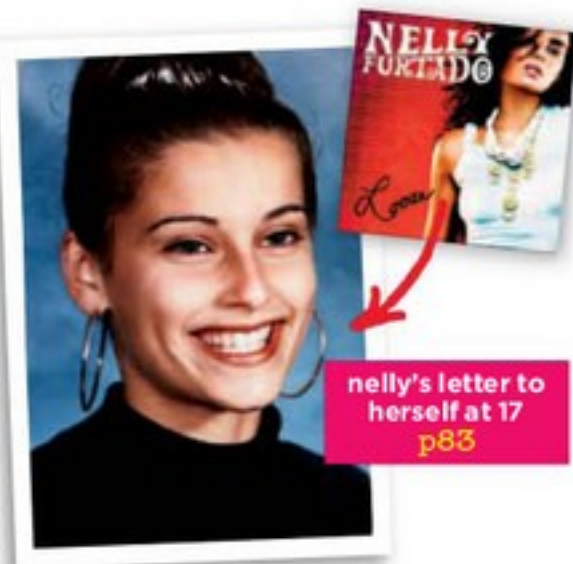
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He's hot...
AND
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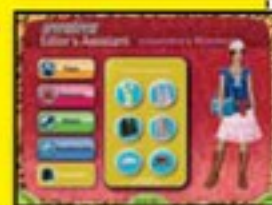
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WHAT'S IT LIKE TO WORK AT SEVENTEEN?

Play **EDITOR'S ASSISTANT**—the new exclusive game where you get to work for the Editor-in-Chief!

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Drew Barrymore

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Retro
CAMERA
SATURDAYS

sunday

monday

tuesday

wednesday

thursday

friday

1



An EasyShare digital camera from Kodak
{dance}

2



A Casio Exilim digital camera from amazon.com
{model}

3



A Photosmart digital camera and photo printer from HP
{print}

4



An a520m digital camera from Polaroid
{blush}

5



An Optio waterproof digital camera from Pentax
{splash}

6



A Stylus digital camera from Olympus
{laugh}



A Holga manual camera from lomo.com
{old school}

8

WORTH \$304!



A Canon PowerShot digital camera from amazon.com
{goof}

9



A Cyber-shot digital camera from Sony Electronics
{flirt}

10



A Coolpix digital camera from Nikon
{smile}

11



A Hybrid video camera from Hitachi
{act}

12



A Hello Kitty digital camera from Sanrio
{play}

13



An Olympus Stylus digital camera from amazon.com
{grin}



A Fisheye camera from lomography.com
{silly}

15

TWO WINNERS!



An Easy Pix digital camera from Go Photo, Inc.
{focus}

16



A Lumix digital camera from Panasonic
{zoom in}

17



An Exilim digital camera from Casio
{pout}

18



A Photosmart digital camera from HP
{primp}

19



An Exilim digital camera from Casio
{zoom out}

20



A butterfly digital camera from Sakar's Girl Gear
{admire nature}



A Colorsplash camera from lomography.com
{artsy}

22



A Stylus digital camera from Olympus
{hug}

23



A Trio TV5 digital camera from Mach Speed Technologies
{pose}

24



A heart-shaped digital camera from Sakar's Girl Gear
{kiss}

25



An FinePix digital camera from Fujifilm
{gaze}

26



An i773lp digital camera from Polaroid
{wink}

27



A Stylus digital camera from Olympus
{joke}



A Pop9 camera from lomography.com
{move}

29

TWO WINNERS!



An Easy Pix digital camera from Go Photo, Inc.
{giggle}

30



A t730 digital camera from Polaroid
{embrace}

31



A Stylus digital camera from Olympus
{}

WORTH \$380!

Want the code?
Go to **seventeen.com/mobile** to join our TXT Club, and we'll text you the secret code on **July 31!**

HOW TO ENTER: Starting on **July 1**, log on to **seventeen.com/freebies** daily and type in the **Freebie Phrase of the Day** (in red) to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours, beginning at 12 A.M. EDT. Winners will be posted online the next weekday by 10 A.M. EDT. Go to **seventeen.com/freebies** or page 116 for details.

America's Next Top Model Finalist Eugena Washington

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hi from ann

“ ”

BLOG

Find out what's going on at Seventeen, and talk to Ann at seventeen.com/ann.

Hi!

After a long, dreary winter and a rainy spring, I can't wait for the sun to shine! But there's a scary side to spending too much time in the sun (or the tanning booth): **Skin cancer** is on the rise among teens and young women. So we've got an in-depth story about how you can protect yourself, and we're putting action behind our words—the whole *Seventeen* staff has taken a **pledge** to protect themselves too. Hey, we're all in this together! Tell us your pledge at seventeen.com/skin.

PS: You can still have fun in the sun! Check out our “**Summer Hot List**” on **page 62**, then tell me what you love about summer at ann@seventeen.com.

XOXO-A.

seventeen
summer
SKIN
guide!

“I'm sure I get a lot of sun through the windows of my office, so I'm going to use an SPF lotion every day, all over my body!”

—ann,
editor-in-chief

“I always slather myself in sunblock, but I don't know what to look for when it comes to moles. I'm having them checked by a dermatologist.”

—desi, beauty editor

“Both my grandpa and my dad have had skin cancer, so I know wearing sunscreen is a must for me!”

—holly, editor

“My friend gets free passes to the tanning salon, so it's tempting to go. But I'm pledging to only self-tan from now on!”

—lauren,
editorial assistant

THANKS
to Michele Pauporte,
M.D., of Juva Skin & Laser
Center in New York, NY—
she checked our
staffers' moles!

“Because I have dark skin, I never thought too much about SPF—but I just got back from the beach, and I'm peeling! I'm going to start using makeup with SPF in it!”

—jamila, assistant
fashion editor

“I used to tan a lot in my teens, so I want to get a UV photo to see what kind of damage is hiding. I haven't burned in years, but I'm still a little scared to see the picture!”

—jessica,
design director

“With my super-fair skin, sunscreen is not enough—I'm going to wear a hat and sunglasses whenever I'm outside for a long time!”

—rachael,
beauty assistant

“I pledge to wear a daily moisturizer with an SPF because I want to protect my skin all the time—not just when I'm at the beach.”

—carissa,
entertainment
director

“I do everything I can to protect my skin, so when I heard there are detergents that have UV blockers, I thought they would be a great thing to try.”

—wendy,
senior designer

“I love to run outside but always forget to reapply my sunblock. I'm going to use UV-sensing stickers that change color when it's time to add more.”

—ying,
beauty director



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HOT TOPICS
Seventeen
readers
are talking
about

what you think!

We hear you: These are the e-mails about the May issue that got *us* talking!

SCARLETT FEVER

I nearly fainted when I saw Scarlett Johansson on the cover of your May issue. She is such a *real* woman! It's nice to see someone in Hollywood who **doesn't** follow the super-thin trend. Instead, Scarlett *shows off* her curves. She is such an

inspiration to young girls and women. Personally I think she handled the rumors about Justin really well; she should have the right to keep her private life a secret.

Thanks, *Seventeen*, for featuring such a **smart** and talented young woman in your magazine!

—rachel, 17, brooklyn, ny

FIGHT HUNGER



I was really inspired by your article on **Hilary Duff's mission** to end hunger.

I think it's wonderful that she still cares about less fortunate people in the world. A lot of people think

celebrities are selfish rich people who don't care about anyone except themselves. I'm glad to hear about a celeb who uses her fame to help others, and **many** people can learn from Hilary's selflessness. I just hope that people do follow Hilary's example: If everybody contributes even a little bit, we can make the world a much **better** place for everyone!

—lily, 15, houston, tx

CHEER ATTITUDE



It upset me to read "Could These Be the Meanest Girls in America?!" in your May issue. Sure, in every school there are **mean** girls. But the only way these girls get more **powerful** and even meaner is when people give them exactly what they want—attention! That's exactly what you did, *Seventeen*! I'm disappointed, but I hope that the nice girls out there can actually get some **recognition** in your magazine soon.

—claire, 15, mountain lakes, nj

COMMENT OF THE MONTH

CHRISTINA



4/20/07 12:29 P.M.

“I have to say, I absolutely **love** *Seventeen*. Your Health section always has great workout routines that I live by! The Love Life section is **adorable**. It has stuff I wonder about but never get an opportunity to ask!”

(myspace.com/79715695)

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17 wireless poll

Would you want to trade places with a celeb?

66% yes
34% no

WEIGHING IN

 Give it up! I'm so tired of girls arguing the "healthy model" **excuse** (in the article "Skinny Scandal"). Whether a model's weight is naturally low or not, she is still projecting an **unhealthy** image. Most girls who see ads featuring emaciated models won't achieve a similar look naturally. Modeling agencies, celebrities, designers, and magazines need to realize that they have the **power** to provide a healthier role model for girls. When is this point going to truly get across? We should not be pressured to look like unhealthy, airbrushed examples of an unattainable perfection. We can do amazing things if we'd stop staring at ourselves in the mirror, get off our **painful** diets, and become comfortable in our bodies—no matter what their size or shape!

—sara, 16, vacaville, ca

 I am **sick** of hearing the modeling industry being blamed for the **insecurities** of teenage girls. I'm fully aware of the negative impact that super-thin models can have on us, but that is no reason to blame them for our lack of **confidence**. As a dancer I deal with weight pressures every day. But at a certain point I learned to **stop** comparing myself with others and start comparing myself with my *potential*. *Seventeen* readers should realize that the modeling industry is the way it is to sell clothes and make a profit—not to taunt teens about their "inferior" figures.

—elizabeth, 17, akron, oh

SELF-FULFILLED

 When I saw the title "How to Fall in Love," I must admit that I was disappointed—until I read the story. I recently took on the attitude of **pleasing** myself. I no longer go out hoping to meet the perfect guy or to impress everyone who comes near me. I can honestly say, it makes you so much **happier**! You're free from dealing with unnecessary boy **drama**. I hope other girls read this article and take the advice. I was never *this* happy and carefree when I was focused on a guy!

—alex, 16, stamford, ct

After reading the first paragraph of "How to Fall in Love," I immediately called my friend. We agreed that it was *totally* both of us—we dress for **guys**, but not for ourselves. We plan our day around **flirting** and then feel down if nothing happens. I'm so sick of it! I feel more sincere now when I talk to my guy friends. Since I'm not wondering who is watching us, I'm free to **enjoy** the conversation. It's amazing!

—alice, 17, new york, ny

CORRECTION

In our May issue, the article "The Dirty Truth About Girls Who Gossip!" documented two sides of a gossip story (the gossipers' and the victim's).

Unfortunately we ran the gossipers' side of the story with an incorrect photo. The photo is not of Tracy—the photo is of a girl who was not involved in the story in any way. We apologize for the misidentification.

score a
\$500
shopping
spree!

Take our **reader-feedback survey** online. See page 116 for details, or log on to **survey.seventeen.com**.

This magic wand makes pimples

DISAPPEAR



Actual Size

Discover Zeno: dermatologist recommended to clear up pimples. Fast.

Zeno is the revolutionary personal medical device clinically proven to help most pimples improve within 24 to 48 hours. It uses a precisely controlled, low-level dose of heat that's so effective on occasional pimples, Zeno even comes with a money-back guarantee. For more information, call 888-4MY-ZENO (469-9366), or visit us online at www.myzeno.com.

ZENO®
Clearly outsmarts pimples.™

fashion

The Cutest t-shirts!

Even if you've got a drawer full of tees, there's always room for one more! Here are the best of the season—it's okay to want them all!

“I'm such a T-shirt girl. I can dress them up with heels or wear them with sneakers—it always works!”

—Jasmine, 22



pearls
Sizes S-L, Public Library, \$78, select Metropark stores and metroparkusa.com

REAL-GIRL PHOTOS: DAVID ROEMER; STYLING: EDITOR; BETSY MULLINX; HAIR: RICARDO ROJAS FOR KERASTASE/FOOD ARTISTS; MAKEUP: VIKTORIA BOWERS FOR JANE/ATMVC.COM; ON JASMINE (MAIN PHOTO): EARRINGS, WET SEAL; NECKLACE, HER OWN; BLACK BRACELETS, FOREVER 21; GOLD BRACELETS, RACHEL LEIGH; ON JASMINE (OPPOSITE PAGE): (TOP LEFT) BERMUDA SHOES, LUXURY BY L-R-G; EARRINGS, CLAUDE; SNECKLACE AND BRACELET, BOTH FOREVER 21; (RIGHT) SKIRT, MUDD; EARRINGS AND BRACELETS, ALL RACHEL LEIGH; NECKLACE, FOREVER 21; (BOTTOM LEFT) SHIRTS, NOCOWEAR; CLAUDE'S; RING, FOREVER 21; STILL LIVES; (PINK AMERICAN APPAREL T-SHIRT) CHRIS CORREY/STUDIO D; (ALL OTHERS) JESUS AYALA/STUDIO D; STILL LIVES STYLISTS: PHYLLIS BAKER AND CHRISTINA RUBLEY.



rock
 Sizes S-XL,
 Junk Food, \$48,
 junkfoodclothing.com



statement
 Sizes S-L, Crooked Monkey, \$28,
 shopintuition.com



camera
 Sizes S-L, 5 Crown, \$28,
 Nordstrom and Delia's stores



stripes
 Sizes XXS-XXL, American Eagle
 Outfitters, \$20, ae.com



claw
 Sizes S-L, Claw Money, \$50,
 clawmoney.com

“These little birds are so sweet—but in an edgy way.”



bird
 Sizes XS-L,
 Primp, \$72,
 Neiman
 Marcus



skull
 Sizes S-XL,
 Etnies Girl,
 \$28,
 etniesgirl.com



lovebug
 Sizes XS-XL, Loyal Army Clothing, \$24, Macy's
 and delias.com



mickey mouse
 Sizes S-L, Disney Couture, \$38,
 80spurple.com

seventeen
EXCLUSIVE

the best summer jeans

It may be shorts season, but who can resist great jeans? Here's a sneak peek at the affordable *and* versatile new style from celeb designers **Chip & Pepper!**

DRESS 'EM DOWN



melissa, 17

Chip's style tip:
"Make your jeans California cool: Turn up your cuffs and throw on a short-sleeved hoodie."

Try a bikini top over a bright tee.

hoodie Sizes S-XL, Arizona, \$25, JCPenney.
bikini top (underneath hoodie), sizes S-L, Wet Seal, \$20, Wet Seal stores.
tank (underneath bikini top), sizes S-XL, Jockey, \$10, Jockey.com.
sunglasses (worn on head) Fantas-eyes, \$13, fantas-eyes.com.
necklaces Perfume-bottle necklace, \$4, and long disc necklace, \$6, both Forever 21, both at Forever 21 stores and forever21.com.
flip-flops Sizes 6-10, American Eagle Outfitters, \$20, American Eagle Outfitters stores.



CHIP & PEPPER JEANS
 for only

\$50

jeans
 Sizes 1-17, C7P, A Chip & Pepper Production for JCPenney, \$50, jcpenny.com

WIN!

Score a \$500 shopping spree in Los Angeles with Chip & Pepper! To enter, go to seventeen.com/freebies!

Cuffs should hit just above your ankles.



QUIZ

Which brand of jeans is best for you? Find out at seventeen.com/quizzes.

DRESS 'EM UP



Pepper's style tip:
"Transform your jeans with accessories for night: Trade a beach bag for a clutch and flip-flops for heels, then go!"

Add pearls for some instant glam!

camis Sizes XS-L, DKNY Jeans Juniors, \$69, Macy's and Dillard's.
necklaces Off-white pearl necklace, Claire's, \$15, claires.com; silver pearl necklace, Icing, \$11, icingbyclaires.com.
bracelets Forever 21, \$4 each, Forever 21 stores and forever21.com.
clutch Chinese Laundry Bags, \$45, chineselaundrybags.com.
shoes Sizes 6-11, Candle's, \$50, Kohl's.

Peep-toe heels are sexy and show off your pedi!



ASHLEE SIMPSON
I AM ME

S

SKECHERS

Rock out with style!

S
SKECHERS

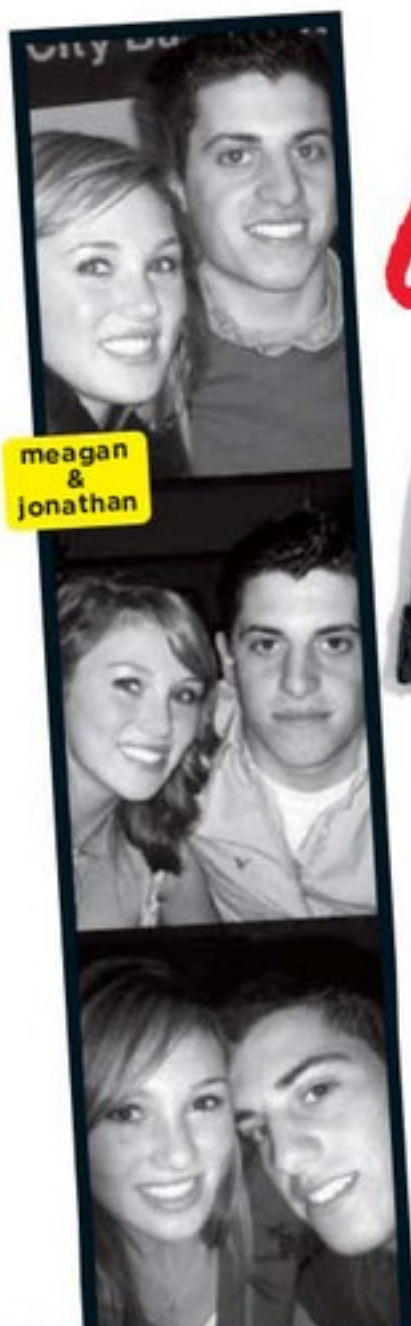
Visit Skechers.com

also available at
Macy's

find your **best** date look!

Hot date? No need to try on *everything* in your closet. These tips will help flaunt your favorite body part so he won't be able to keep his eyes off you!

Legs



meagan
&
jonathan



faded
Sizes 0-18,
American Eagle
Outfitters, \$35,
American Eagle
Outfitters stores



red
Sizes S-L,
Soundgirl, \$42,
soundgirl.com



denim
Sizes 0-20,
Old Navy, \$23,
Old Navy stores

17 tip

Play up lean legs with

short shorts.

Pair them with a simple tank and ballet flats so you look sweetly sexy.



"Shorts show off your legs but still look casual."

—meagan, 17

gingham
Sizes 0-13, Split,
\$36, tillys.com



floral
Sizes S-L, Fire,
\$35, Parisian

17 tip

Show off sculpted calves in a

swingy skirt.

The billowy knee-length hem makes your legs look even slimmer.



patterned
Sizes XS-L, O'Neill,
\$44, onell.com



swiss dots
Sizes S-L, Volce,
\$15, Rainbow
stores



buttoned
Sizes 4-14, WD-NY,
\$68, Belk

Great price!

MORE cute date looks! →

REAL-GIRL PHOTOS: MATTHEW HANLOW. SITTINGS EDITOR: BETSY MULLINIX. HAIR: JACQUELINE BUSH FOR ARTISTS BY TIMOTHY PIANO.COM. MAKEUP: VIKTORIA BOWERS FOR NARS AT ATMNYC.COM. ON MEAGAN: (LEFT) SWEATSHIRT, VOLCOM; TANK (UNDERNEATH), AMERICAN APPAREL; NECKLACE, MUTE BRACELETS, ALL ICING; SHOES, TARGET; (RIGHT) TANK, SWEET VIBES; NECKLACE, STYLIST'S OWN; BELT, FOREVER 21; SHOES, CHARLES ALBERT. STILL LIVES: JESUS AYALA/STUDIO D. STILL LIVES STYLIST: CHRISTY ALCEGO. MANY THANKS TO DAVE AND BUSTER'S TIMES SQUARE, NEW YORK.



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by LRG



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"I always turn to sleeveless tops for a date—they're sexy but still classy."
—nicole, 16

17 tip

Choose a pretty dress with

thick straps.

They will act like the perfect frame for your amazing shoulders.

eyelet
Sizes S-L, Fire,
\$32, Up Against
the Wall stores

Shoulders



pocketed
Sizes S-L, Daytrip,
\$25, Buckle stores



whimsical
Sizes XS-XL,
Paul Frank, \$66,
urbanoutfitters.com



paisley
Sizes S-L,
Blue Plate, \$64,
blueplatefashion.com



nicole & chris

A tie helps keep the top in place.

embellished
Sizes 1-14, Apple
Bottoms, \$78,
applebottoms.com



terry cloth
Sizes XS-XXL,
Old Navy, \$20,
oldnavy.com



sporty
Sizes XS-XL,
Le Tigre, \$58,
Macy's



17 tip

Flaunt sexy shoulders in a **strapless romper.**

It's okay to show skin when the cut and fabric are playful and casual.



naautical
Sizes XS-XL,
Roxy, \$42,
Quiksilver/
Roxy stores

ON NICOLE: (LEFT) NECKLACE, CLARE'S; (MIDDLE) EARRINGS, RACHEL LEIGH; (RIGHT) NECKLACE, R.J. GRAZIANO; BRACELETS, ALL RACHEL LEIGH.

MORE cute date looks! →

Introducing Venus Breeze™

The only razor with built-in
Shave Gel Bars so there's no
need for shave cream.

It flexes to closely fit your
curves revealing smooth skin
worthy of a goddess.

Now smooth, silky skin is a

Breeze



Reveal the goddess in you.®

Booty



The low scoop in the back is a sexy surprise.

cap sleeves
Sizes XS-L, Spilt,
\$46, select Macy's



lace
Sizes XS-L, Wet
Seal, \$23, Wet
Seal stores



floral
Sizes S-L, Fire,
\$38, firela.com

"This dress works for a casual or dressy date—and it flatters my booty!"
—madison, 21

17 tip

Show off your curves in a **ruffled dress.**

It highlights your butt's shape by flaring out right underneath it.



mint
Sizes S-L, Derek
Heart, \$13,
Marshalls stores

stitching
Sizes 25-32,
Anoname,
\$79, Macy's



17 tip
Go for slim-fit jeans with **pocket details.**
Funky embellishments and stitching draw attention to your backside.



braiding
Sizes 25-32,
Luxrie by L-R-G,
\$86, Macy's

Light colors emphasize your shape more than dark rinses do.



buttoned pocket
Sizes 0-13,
Unionbay, \$34,
Stage stores



jeweled
Sizes 3-13, Miss
Bisou for JCPenney,
\$36, JCPenney

madison & lucas



ON MADISON: (LEFT) TOP, RUE21; EAR RINGS, RACHEL LEIGH; BRACELETS, ALL GIRLPROPS; (RIGHT) EAR RINGS, RACHEL LEIGH; BRACELETS, ALL FOREVER 21.

MORE cute date looks! →

Clearer skin in under 8 hours.

Get results when you really need them.



➤ Results in hours, not days.

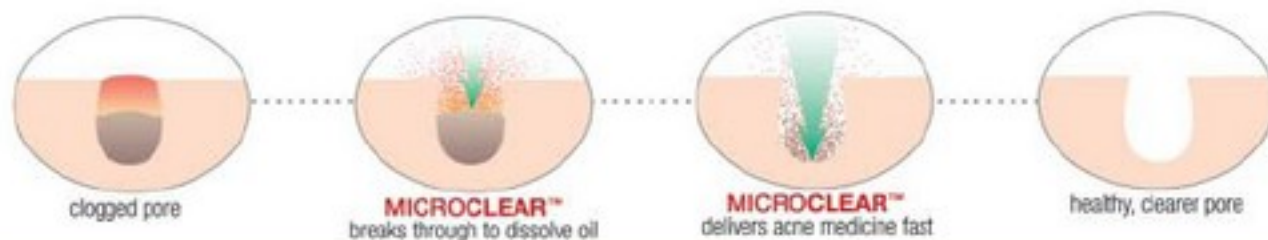
Different acne treatments work differently. Rapid Clear happens to work fast. It's clinically proven to visibly reduce pimple size, redness and swelling in under 8 hours. No dryness. No irritation. Just noticeable improvement.



Results claimed by manufacturers, not based on head-to-head clinical trials.

➤ The great oil barrier, quickly broken.

Only Neutrogena has **MICROCLEAR™** technology. Specially designed to speed the delivery of medicine deep to the source of acne, allowing it to dissolve pore-clogging oil faster than any other acne treatment.



To learn more about revolutionary **MICROCLEAR™** technology in Rapid Clear and other Neutrogena acne treatments, log onto neutrogena.com/acne

"Bra bulge is the worst! I really pay attention to it when I get ready for a date."

—kari bel, 18

Bust

17 tip

Show just a little skin in a

fitted polo.

Buttons or ruching will play up your bust without cleavage overkill.

buttons
Sizes 2-14,
Lacoste, \$85,
Bloomingdale's

ruched

Sizes S-L, Derek
Heart, \$22, Sears
and sears.com

stretch

Sizes XS-XL,
Luxle by L-R-G,
\$54, Macy's

wide stripes

Sizes XS-XL,
Le Tigre, \$58, Macy's



WEB EXTRA

Get tons of fun date ideas—and submit your own!—at seventeen.com/datedeas.

kari bel & matt

low-cut
Sizes XS-L, DKNY
Jeans Juniors,
\$89, Macy's and
Dillard's

Add a pendant necklace to show off your décolletage.

17 tip

Tie on a

halter dress.

A style with thicker straps will give you support and cover a convertible bra.

floral

Sizes 3-13,
Rampage, \$46,
rampage.com

striped

Sizes S-XL,
Rocawear, \$68,
Macy's and
rocawear.com

multiprint
Sizes S-L, Fire,
\$58, Belk

ON KARI BEL: (LEFT) JEANS, BODY: EADINGS; FOREVER 21; NECKLACE: GOJANE; BRACELETS, BOTH CHARLOTTE RUSSE; (RIGHT) EADINGS, R. + K. CREATIVE; BRACELETS, ALL GIRL DROPS; RING, CLAUDE S.

WHO SAYS
I CAN'T
MAKE A
CLEAN
GETAWAY?



Introducing STAYFREE® Dry Max Clean. Only STAYFREE® ultra thin combines a plush wipe infused with soothing aloe with a pad that's 10x drier than the leading ultra thin. No other pad and wipe makes you feel cleaner and fresher, especially when you're on the go.

**STAY
CLEAN**
New!  Stayfree®
Clean

steal their swimsuits!

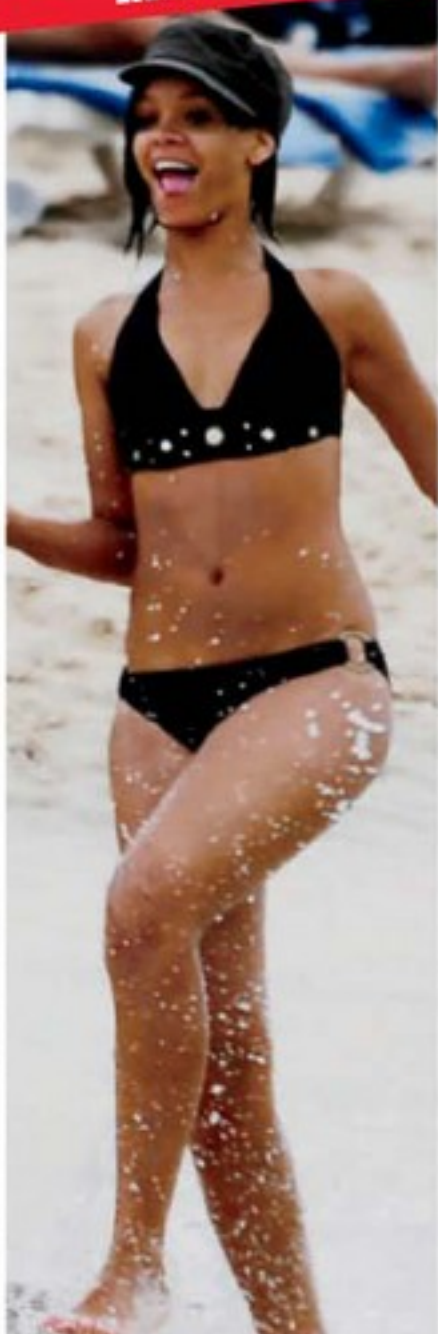
Make a big splash for little cash! These cute bikinis look so much like celeb styles, you may have a paparazzi problem on your hands.



SCARLETT JOHANSSON



RIHANNA



KEIRA KNIGHTLEY



KRISTIN CAVALLARI



TREND ALERT!
Tropical prints

The thick halter is supportive for big busts.

halter

Sizes XS-XL, Maia, top, \$44, and bottoms, \$36, 888-225-8391



TREND ALERT!
Jewel accents

rings

Sizes XS-L, Becca by Rebecca Virtue, top, \$58, and bottoms, \$46, Nordstrom



Dangling charms make this version cuter!



TREND ALERT!
Bright stripes

Stripes visually fill out a small bust!

bandeau

Sizes XS-L, Volcom Miss Mod, top, \$38, and bottoms, \$36, hsssurf.com



TREND ALERT!
Multicolor patterns

The strings let you customize your fit.

string

Sizes 4-14, H&M, top, \$13, and bottoms, \$13, H&M stores



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Introducing V CAST Song ID.

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get a **hot** summer

No need to wait for a sale to get a good deal! At these prices,

accessories

\$9

purse
Fred Flare, \$9,
fredflare.com



\$4

bracelet
Forever 21, \$4,
Forever 21 stores and
forever21.com

\$10

belt
Sizes S-XL, Forever 21,
\$10, Forever 21 stores
and forever21.com



\$10

sunglasses
Fantas-Eyes,
\$10, Deb stores



\$6

key chain
Hard Candy Key
to My Heart Lip
Gloss Duet, \$6,
hardcandy.com



**\$10
& under**

\$8

necklace
Girlprops, \$8,
girlprops.com



\$6

ring
Claire's, \$6,
Claire's stores



\$6

earrings
Girlprops, \$6,
girlprops.com



\$5

flats
Sizes 6-11, Five Below,
\$5, fivebelow.com



look—for less!

you'd better make room for a whole new summer wardrobe.



tunic
Sizes S-L, Charlotte
Russe, \$20,
select Charlotte
Russe stores

\$20



button-down
Sizes XS-XXL,
Bitten Sarah Jessica
Parker, \$10,
Steve & Barry's stores

\$10



tank
Sizes S-XL,
Mixit, \$15,
JCPenney

\$15



cardigan
Sizes XS-XL,
Mossimo for Target,
\$18, Target stores

\$18

tops

\$20
& under



Clara



baby-doll
Sizes S-L,
GoJane, \$20,
gojane.com

\$20



cap-sleeved
Sizes S-L,
Self Esteem,
\$20, Belk

\$20



blouse
Sizes S-L,
Andrew & Co.,
\$17, Academy
Sports &
Outdoors stores

\$17



ruched tank
Sizes XS-XL,
RDoll, \$13,
Kmart stores

\$13



WEB EXTRA

Shop for other
affordable summer
clothes at
seventeen.com/shop.

TURN for bottoms under \$25! →

new PRO manicure

7-day nail colour

FAST
PRO APPLICATION

SMOOTH
PRO COVERAGE

GLOSSY
PRO RESULTS

With This Precision
Brush, You're Your
Own Manicurist.

L'ORÉAL

PARIS

Our patented
streak-free brush
is flat, not round.
So colour goes on
faster. Smoother.
In 45 high-gloss
shades.

No Formaldehyde
No Toluene
No Phthalates

So it's as
HEALTHY as
it is beautiful.

#280 Drama
Queen

©2007 L'Oréal USA, Inc.

fashion: get a hot summer look—for less!

bottoms

\$25
& under



Vanessa Minnillo



\$15

cuffed shorts
Sizes 2-16, Metro7,
\$15, Wal-Mart stores



\$25

short shorts
Sizes 1/2-15/16, Maurices
Premium, \$25, Maurices stores



\$15

rolled-up shorts
Sizes XS-XL, Mossimo for
Target, \$15, Target stores



\$20

bermuda shorts
Sizes 3/4-15/16, RDoll,
\$20, Kmart stores



\$23

satin skirt
Sizes S-L,
Forever 21, \$23,
Forever 21 stores



\$15

sandblasted mini
Sizes 2-18, Steve & Barry's, \$15,
Steve & Barry's stores

MINNILLO: DARA KUSHNER/INFGOFF.COM

dresses

\$30
& under



\$20

a-line
Sizes S-XL,
Marshalls, \$20,
select Marshalls
stores



Maria Menounos



\$27

halter
Sizes S-L, KYO,
\$27, Deb stores



\$18

baby-doll
Sizes S-L,
Charlotte Russe,
\$18, Charlotte
Russe stores



\$20

v-neck
Sizes XS-L,
Wet Seal, \$20,
Wet Seal stores



\$18

sundress
Sizes S-XL,
Wet Seal, \$18,
Wet Seal stores



\$25

empire-waist
Sizes S-L,
GoJane, \$25,
gojane.com



\$25

jumper
Sizes S-L,
Say What, \$25,
macys.com

DIY designer style

Everyone is lusting for these high-end accessories. So while they sit there drooling, *you* can re-create them in just three easy steps!

RUNWAY: CHANEL

WORD BANGLES



17 WAY

India, 14



WORDS

what you need:



bangle Forever 21,
\$5, Forever 21 stores

POLISH

nail polish
Sally Hansen
Complete
Care 4-in-1
Treatment,
\$13,
drugstores

BANGLE



step 1

Take a sheet from the transfers packet and neatly cut out the word or words you'd like to appear on your bangle.



step 2

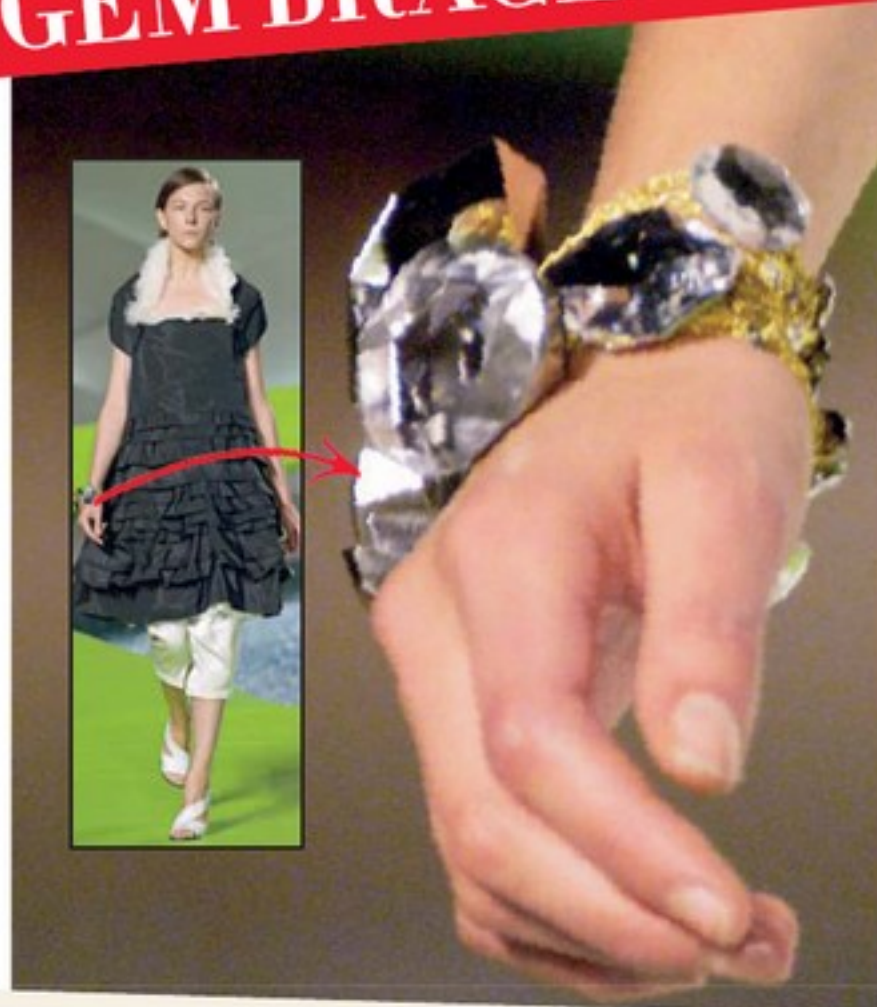
Hold the word against the bangle. Using the wooden stick included in the packet, rub the words *hard* so they transfer onto the bangle.



step 3

Once the word is in place, gently apply one coat of clear nail polish to seal on the letters. Allow polish to dry before wearing the bangle.

GEM BRACELETS



17 WAY

becky, 16



WEB EXTRA

Find ideas for other fun DIY projects at seventeen.com/DIY.

what you need:

gems
Michaels,
\$4 for about
30 gems,
Michaels stores

GLUE



glue Aleene's
Platinum Bond
7800, \$4,
Michaels stores

ribbon M&J
Trimming, \$1 per
yard, mjtrim.com

RIBBON



step 1

Cut a piece of ribbon about 16 inches in length. Snip both ends on a diagonal slant to keep the ribbon from fraying.



step 2

Lay out the ribbon and arrange the gems the way you'd like them to appear. Leave four inches bare on each end, so you'll be able to tie it when you're done.



step 3

Apply the glue to the back of a gem, then carefully attach the gem to the ribbon. Hold it in place for a moment to secure before attaching the next one.

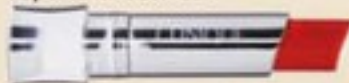
beauty



lips

Swipe a sheer, shimmery coral lipstick all over to get juicy, pouty lips.

try: Clinique Colour Surge Butter Shine Lipstick in Ambrosia, \$14, department stores



ONE-STEP

MAKEOVERS

Lighten up your makeup bag for summer—go straight from the pool to a party in one simple step! **BY** desi gallegos

MAIN PHOTO: COLETTE DUBARROS; STYLING: EDITOR JESSICA MORRIS; HAIR: ALEXANDRA FOR PHOTOFEST/ARTISTSBYTIMOTHYPRIANO.COM; MAKEUP: PAOLA FERRARI FOR GIORGIO ARMANI AND NATURA BISSÉ; ON CARAMEL: (MAIN) DISSÉ, BECCA; (INSET) BIKINI TOP, DIESEL; REAL-GIRL PHOTOS (OPPOSITE PAGE) CHRIS EGGERT/STUDIO D.; SITTING EDITOR: BETSY MULLINX; HAIR: MIRI MOBI FOR UTOPIAN; MAKEUP: ELAINE MADELO FOR BIGNYCING.COM; ON HANNAH: (DAY) TOP, DEB; (DATE) TOP, TEMPTED; ON CHLOÉ: (DAY) TOP, PAUL FRANK; (DATE) TOP, FOREVER 21; ON VIOLE: (DAY) TOP, FOREVER 21; (DATE) GRESS, PAUL FRANK; STILL LIPS: JAY MUCKLE/STUDIO D.

DAY



QUIZ

Now that you look date-ready, find your best date place at seventeen.com/date.

eyes

Draw along your top lashlines with a **brown liner**, then use your fingers to smudge slightly for a soft, smoky effect.

try: Rimmel Exaggerate Full Colour Eye Definer, \$5, drugstores

DATE



"I usually wear black liner, but this really made my blue eyes pop—and it was easy to do."

—hannah, 17



lips

Slick a **sparkly champagne gloss** onto your lips to make them appear full and sexy.

try: L'Oréal Paris Colour Riche Lip Gloss in Soft Coral, \$9, drugstores



"I love that this gloss is super-shiny but not sticky—just in case my hair gets into it."

—chloé, 18



cheeks

Sweep **bronzer** onto your temples, cheekbones, and chin, then dust pink **blush** onto just your apples for a sun-kissed glow.

try: Lorac Hot Flash Cheek Duo, \$29, Sephora stores



"This is a great way to look like you have a summery tan without going in the sun!"

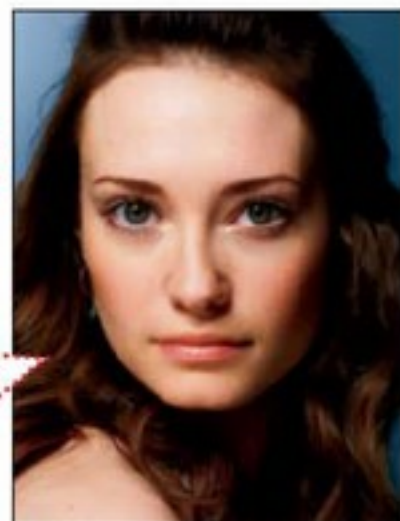
—vicki, 17



lashes

Add a coat of **lengthening mascara** to your top and bottom lashes—it will bring out your eyes without making them look overdone.

try: Maybelline New York Define-A-Lash Mascara in Very Black, \$8, drugstores



"This is a quick and easy way to look polished at night. It works perfectly for a dinner date with friends."

—meghan, 20

look **sexy** at the beach!

Get noticed with these insider beauty tips from the **Victoria's Secret Swim 2007** catalog shoot! **by desi gallegos**



"When I'm working, I stand with my hands on my hips so that my arm muscles are slightly flexed."
—Alessandra Ambrosio



Selita Ebanks



Arms

Make your arms appear leaner with a self-tanning mist. Lightly spray once down the inside of your arm and once down the outside. This will leave a lighter strip of skin on the front to create the illusion of length.

try: Banana Boat Summer Color Self-Tanning Mist, \$9, drugstores



Shoulders

Define strong shoulders with a sheer bronzing spray. (The VS models use the one for legs *everywhere* on their bodies!) Hold the can 6" away from you, relax your arm, then apply one coat of spray in a circular motion around your shoulder muscle (just above biceps).

try: Victoria's Secret Bare Bronze Leg-Perfecting Spray Tint, \$18, Victoria's Secret stores



Chest

Make your clavicle pop and your cleavage look amazing by mixing even parts self-tanner and body lotion. Apply it to your chest and between your breasts in a V shape.

try: Vaseline Intensive Care Daily Skin Shield Protective Moisture Lotion SPF 15, \$3, drugstores; Victoria's Secret Bare Bronze Self-Tan Tint, \$18, Victoria's Secret stores



All Over

Give your whole body a gorgeous glow by combining a handful of loose shimmery powder with a handful of sunblock. Apply the mixture all over 20 minutes before you go in the sun.

try: Neutrogena Ultra Sheer Dry-Touch Sunblock SPF 70, \$9, drugstores; Victoria's Secret Very Sexy Loose Powder In Role Play, \$18, Victoria's Secret stores



Marisa Miller



Legs

Accentuate your muscles by applying one coat of gradually building self-tanning lotion all over your legs. When that dries, layer a second coat of the same product in a circular motion to your calves, quadriceps, and hamstrings to contour them.

try: Jergens Natural Glow Firming Daily Moisturizer, \$7, drugstores



get a pretty pedi!

Show off your sexy toes for sandal season by following these simple steps. **BY** rachael nichol

WEB EXTRA
Find a favorite new polish color at seventeen.com/polish.



17 FYI Nails take four months to grow from cuticle to tip; if you didn't cut them all summer, they'd be double their length!

17 TIP

Take off all old polish with a nonacetone polish remover. (Acetone is drying.) Any leftover polish will cause bubbles in your new polish.



try: E.l.f. Nail Polish Remover Pads, \$1, drugstores

17 TIP

Start your pedi at least two hours before bed. Even if your polish feels dry to the touch, your sheets can leave creases in it!

1 CLIP AND FILE

If your nails are past the edge of your toes, trim them with a clipper and file them until they're smooth. Square off the top but round the edges to prevent your nails from growing inward at the corners.



try: La Cross Nail Clipper, \$5, drugstores

2 BUFF YOUR NAILS

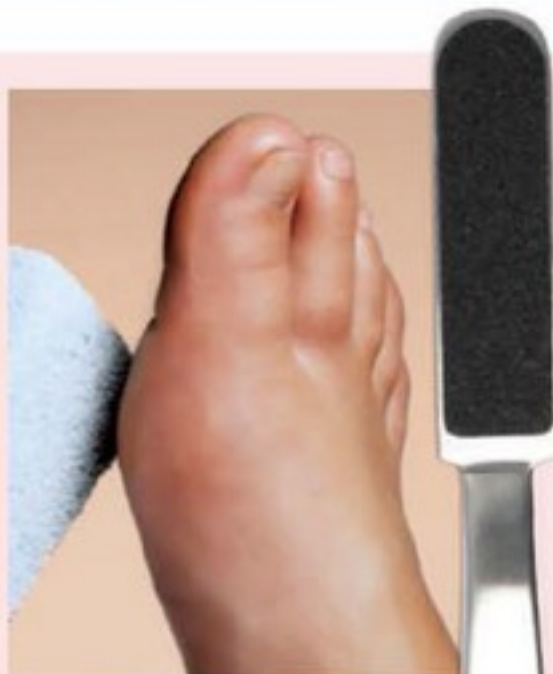
Use a buffing block to gently smooth the surface of your nail. This removes ridges that could show through polish. Start with the rough side of the block first, then use the slick side for a shiny finish.



try: Bliss Rosy Toes Skin-Softening Pre-Pedicure Foot Soak, \$26, amazon.com

3 SOAK FEET

Put your feet in a bathtub or basin filled with warm water (the highest temperature that's comfortable) for 5 to 10 minutes to soften them before you exfoliate. Use a scented soak for extra moisture and relaxation.



4 REMOVE DEAD SKIN

Dry off your feet and use a foot file or pumice stone to exfoliate the soles. Focus on the balls and heels, where skin is thicker. Stop when the dead skin doesn't ball up anymore; rinse your feet with warm water.

try: Tweezerman Infinity Callus Rasp with Replacement Files, \$17, drugstores



17 TIP

If you have hangnails (annoying pieces of skin sticking up on the sides of nails), clip them with tiny cuticle scissors for the most control.

5 PUSH CUTICLES

Put cuticle remover all around your nails, then very gently push the cuticles into their nail beds with a wooden cuticle stick. Don't be too rough—cuticles help protect your nails against bacteria.

try: Kiss Cuticle Scissors, \$6, Walgreens stores

try: Sally Hansen Smooth Cuticles Now! Cuticle Remover, \$6, drugstores



6 MOISTURIZE

Apply a rich foot cream all over your feet. Any oils left on your nails will cause polish to bubble, so pat feet dry with a towel so they're not greasy, then swipe polish remover over each nail surface.



try: Neutrogena Cracked Heel Moisturizing Treatment, \$6, drugstores



7 POLISH TOENAILS

Always apply a base coat before polishing to protect your nails from turning yellow. Wait one minute, then brush on a coat of color. Use three strokes to brush on the color—start on the left side of your nail, then work your way to the right. Let the first coat dry for two minutes, then apply a second coat.

17 TIP

Finish with a fast-drying top coat to protect your color from chipping. Apply a new top coat once every three days to keep your nails shiny.

keep 'em neat

Scrub and apply moisturizer to your feet every day to keep them super-smooth.



try: Revlon Expert Effect Softening Foot Balm, \$11, drugstores

try: The Sanctuary Spa Body Scrub, \$9, Target stores



IN A HURRY?

Use brightening polish, then add a fast-dry top coat for an instantly clean look.

try: Barielle Nail Brightener, \$16, barielle.com; Creative Nail Air Dry Finish, \$8, ULTA stores

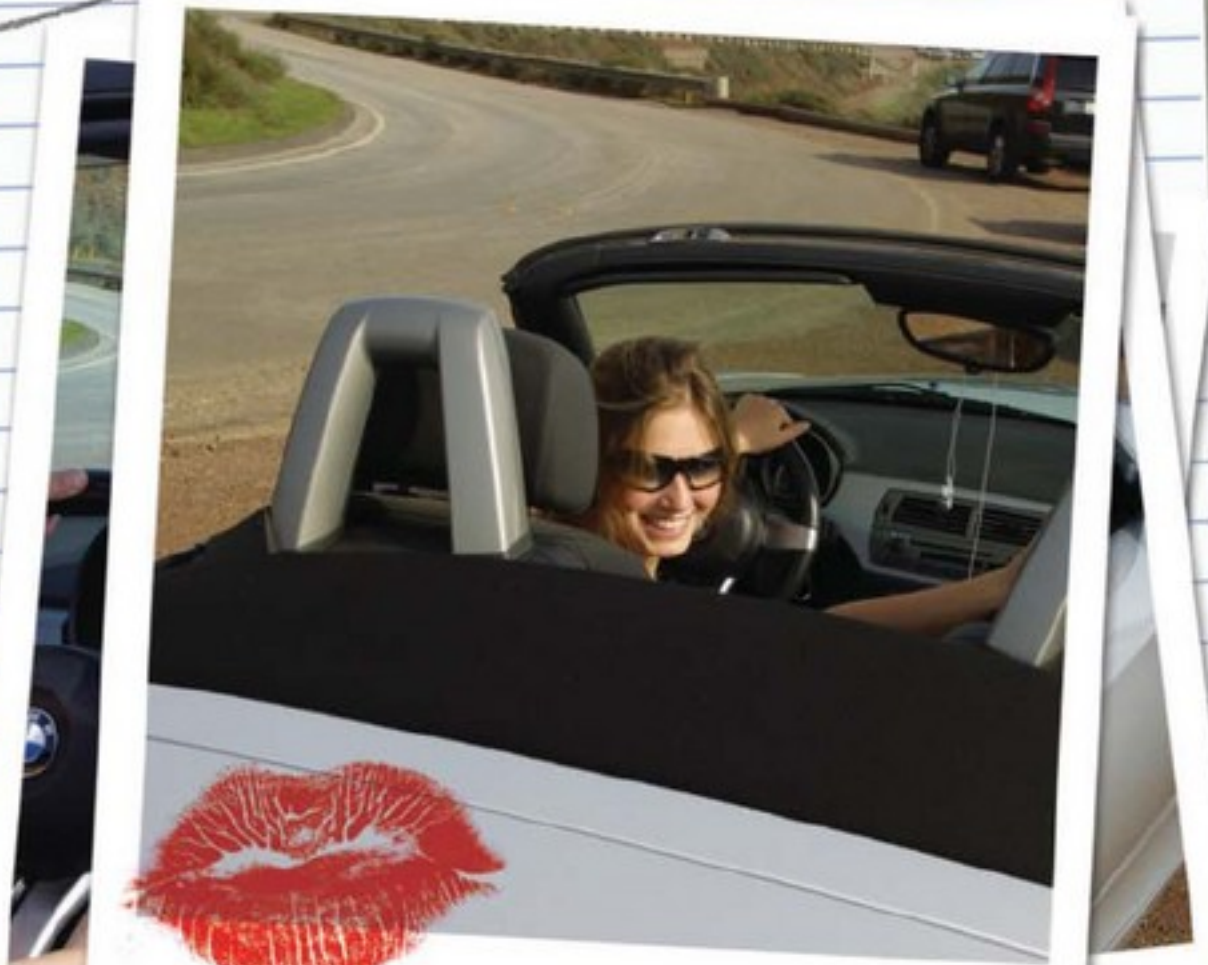


TURN to find your perfect toenail-polish color! ➔

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FIND THE BEST SHADES FOR YOUR SKIN TONE:

nudes

brights

darks

FAIR



17 FYI
Pale pink polish with blue undertones complements your rosy skin.
try: N.Y.C. New York Color Nail Glosses in 215, \$1, drugstores

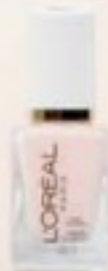
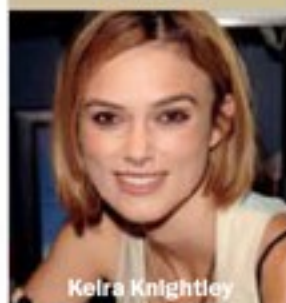


17 FYI
Warm coral-red polish really pops on your cool-toned skin.
try: Sally Hansen Salon Nail Lacquer in Cherry Nice, \$3, drugstores



17 FYI
Sparkly burgundy polish brings out the pink in your skin tone.
try: NARS Cosmetics Nail Polish in Gimme Shelter, \$15, narscosmetics.com

BEIGE



17 FYI
Creamy Ivory polish warms up your complexion.
try: L'Oréal Paris Pro Manicure Nail Polish in Sweet Nothings, \$5, drugstores



17 FYI
Bubble-gum pink polish matches your cool skin tone—and doesn't wash you out.
try: CoverGirl Boundless Color polish in Sassy Strawberry, \$4, drugstores



17 FYI
Shimmery brown polish highlights your creamy skin.
try: Orly Nail Lacquer in Take Him to the Cleaners, \$7, ULTA stores

GOLDEN



17 FYI
Pale yellow-based polish plays up your tawny undertones.
try: Maybelline New York Express Finish Nail Color in Ivory in Seconds, \$4, drugstores



17 FYI
Cool-toned fuchsia polish stands out against the warm tones in your skin.
try: Creative Nail Design Enamel in Scorch, \$6, creativenaildesign.com for salons



17 FYI
Midnight blue polish pops next to your honey-toned skin.
try: OPI Nail Lacquer in OPI Ink, \$8, opi.com for stores

BRONZE



17 FYI
Sandy polish makes your tan skin appear even warmer.
try: Essie Polish in Iced Chai Latte, \$8, essie.com



17 FYI
Bright orange polish highlights the gold in your skin.
try: Tropez Super Pearl Nail Enamel in Miami Pearl, \$2, drugstores



17 FYI
Deep red glittery polish brings out the warm undertones in your skin.
try: Rescue Beauty Lounge Nail Polish in Black Russian, \$18, rescuebeauty.com

DEEP



17 FYI
Toffee-colored polish brings out the rosy tones in your skin.
try: Black Radiance Calcium Enriched Nail Color in Antique, \$2, drugstores



17 FYI
Red-orange polish looks especially bright against your dark, warm brown color.
try: Chanel Nail Colour in Heatwave, \$18, department stores



17 FYI
Metallic silver polish stands out on your chocolaty skin.
try: Revlon Dark Pleasures Blacker Lacquer in Steel-etto, \$6, drugstores



what's up

Length. This summer, it's all about short, shorter, shortest.

Baby Phat
by Kimora Lee Simmons
Printed side-panel bustier, S-XL, \$69.
Matching capri pants, 0-15, \$69.

 macy's

macys.com



G-Unit

Striped tube top,
S-XL. 28.50.

Cuffed Bermuda
shorts. 3-15. 42.50

Lurex striped polo
shirt. S-XL. 32.50.

Foil-print Bermuda
shorts. 3-15. 48.50.





Rocawear

All-over embroidered
tank top, S-XL, \$38.
Short-short overalls,
3-13, \$68.

Cropped embroidered
hoodie, S-XL, \$74.
Embroidered short
shorts, S-XL, \$58.



Apple Bottoms

Denim bustier. S-XL. \$56.

Denim short shorts.

1-14. \$48.

See the hottest looks for
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selection may differ
on macys.com.

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macys.com

CHECK IT OUT!

Go online to www.seventeen.com/checkitout for complete info!**Torrid** Model Search

Do you have what it takes to become the next **Torrid** girl? Show off your catwalk skills on the pink carpet for a chance at being a model for **Torrid**!

San Francisco, CA/Saturday, July 28
North Attleboro, MA/Saturday, August 25

Orlando, FL/Saturday, September 22
 Go to torrid.com for location info and additional dates.



events

Avon mark**"make your mark" Contest**

Meet grand-prize winner Brittney Grimes! This passionate teen gives back to her community by using her poetry to raise money for tragic events like 9/11 and Hurricane Katrina. **Seventeen** and **mark** were thrilled to reward her hard work with a \$1,000 donation to the Avon Breast Cancer Crusade, plus an exciting trip to New York City, which included a mark makeover with a pro mark artist.

mark.

**Maybelline New York****"Time To Shine" Contest**

Congratulations to Rosetta Ragusa of Pasadena, CA and Chadette Barnes of Essexville, MI, **Maybelline New York's** "Time To Shine" contest winners! They each scored a \$1,000 scholarship, plus a trip to NYC for a Maybelline New York makeover and a tour of **Seventeen** magazine! Plus, their teachers received a trip to a spa resort!



Rosetta Ragusa



Chadette Barnes

MAYBELLINE
NEW YORK

winner stories

Natural Shine by Sally Hansen

For my perfect mini-manicure on the go, I use Natural Shine by **Sally Hansen**. The easy brush-on formula gives me a radiant, dry finish with healthy shine instantly! And, the nourishing infusion of vitamins and minerals strengthens my nails. Now, I always have beautiful, natural nails...without the work.

XOXO,
Stacy

STACY

style pro pick

Fruit of the Loom Raid Your Drawers and Win!

Eliminate the bras and panties you've been wearing forever—and make room for cool new **Fruit of the Loom** styles. Check out a **Fresh Collection** from Fruit of the Loom, and enter to win a fabulous prize package at seventeen.com/raidyourdrawers.

One GRAND PRIZE winner will receive:

- \$1,000 back-to-school shopping spree
- A one month's supply of Fruit of the Loom intimate apparel

10 RUNNERS-UP will each receive:

- A "Fruit Basket": a selection of Fruit of the Loom intimate apparel
- A gift from **Seventeen** and **CosmoGIRL!**



FRUIT OF THE LOOM®

Random Draw Sweepstakes: No purchase necessary to enter or win. Sweepstakes sponsored by Hearst Communications Inc. Sweepstakes starts 5/22/07 at 12:01 AM (ET), ends 8/6/07 at 11:59 PM (ET). Sweepstakes open to girls who are between 13 and 25 years old and legal residents of the 50 United States and the District of Columbia. Void in Puerto Rico, Canada and where prohibited by law. Odds of winning will depend on the number of eligible entries received. Go to seventeen.com/check-it-out for complete rules and entry details.

sweepstakes

Take Action!

Are you concerned with looking good and doing good? The go-to girl that makes the plans? Then check out the new **Actionista MySpace®** page to learn about upcoming events, can't miss promotions and meet the **Style Pros**. We are looking for **Actionistas** to star in videos, ads and lots of ongoing cool opportunities! Log on today and sign up to be our 'friend'!

www.myspace.com/seventeen_actionistas

17[actionista]

actionista

a week of perfect waves

Play up your curls! We give tennis player **Alexa**, 16, seven days of summer hair ideas so she (and you) won't get stuck in a ponytail rut! *by rachael nichol*



your everyday kit:

1. spray gel 2. hair elastics 3. wide-toothed comb 4. shampoo & conditioner 5. round brush

1. Suave Professionals Curl Enhancing Spray Gel, \$4, drugstores. 2. I/m Active Hold Elastics for Thick Hair, \$5 for pack of four, studioim.com. 3. Goody Ouchless Detangling Comb, \$6, Target stores. 4. John Frieda Collection Frizz-Ease Curl Around Style-Starting Shampoo and Conditioner, \$6 each, drugstores. 5. Conair Tourmaline Ceramic Round Brush, \$9, drugstores.



MONDAY: FAMILY DINNER



add this

try: Goody Colour Collection Blonde claw clips, \$4 for pack of four, drugstores

“When I go out to eat with my family, I like to look polished—without too much effort!”

17 TIP: After washing, scrunch spray gel in damp hair and let it air-dry. Pull hair up halfway with a clip that matches your color.



THURSDAY: TENNIS MATCH



add this

try: TRESemmé Tres Two Ultra Fine Mist Hairspray, \$4, drugstores

seen on the runway!



Let hair air-dry in a loose bun.

“For tennis matches, I like to pull my hair out of the way so I can concentrate—plus all that hair can make me too warm!”

17 TIP: Brush your hair into a high side-ponytail to keep it off your face. Spritz with a light hairspray to tame any flyaways.



FRIDAY: SHOPPING



add this

try: I/m Featherweight Head Wraps, \$6 for pack of two, studioim.com

“When I go to the mall with my friends after practice, I like to wear my hair down, but I want it off my face.”

17 TIP: Apply the curl cream from Tuesday to clean, damp hair. Slip on a headband to brighten your look.



TUESDAY: TENNIS PRACTICE

17FYI
Get steps on
how to French
braid at
seventeen.com/braid.

add this

try: Redken Fresh
Curls Curl Refiner,
\$15, redken.com
for salons



Switch it
up—go
straighter!

“I have tennis practice almost every day in the summer, so I like to pull back my hair but still look pretty.”

17 TIP: Apply a curl-refining cream on damp hair to smooth frizz, then French-braid it to the ends.



WEDNESDAY: MOVIE DATE



add these

try: L'Oréal Paris
Studio Line Heat
Seeker Cream Hot
Straight, \$5,
drugstores; Conair
1875 Watt Ionic
Ceramic Styler, \$30,
conair-store.com

“When I go on a date, I like to try a different look since I always wear it curly during the day.”

17 TIP: Put straightening cream in damp hair, then blow-dry as you style with a round brush.

Use the
comb on the
ends to
untangle.



SATURDAY: GIRLS' NIGHT



add this

try: Revlon
Perfect Heat
3/4" Styling Iron,
\$15, drugstores

“My friends and I like to get dressed up for Saturday nights. It's fun to be glam from time to time!”

17 TIP: Define your curls with a 3/4-inch-barrel curling iron. Start with clean, dry hair, then wrap 1-inch pieces from all over your head around the barrel of the iron to create spiral curls.



SUNDAY: RELAXING

add this

try: V05 Dazzling
Shine! Ultra Light
Shine Spray, \$3,
drugstores



“I spend Sunday hanging out with my friends at one of our houses. After a week of practice and games, I'm tired! It's the one day I don't wash my hair.”

17 TIP: Spritz shine spray all over and run your fingers through your Saturday night curls to get pretty, casual waves.

get sweatproof makeup!

The Pom Squad at The University of Texas at Austin put these products to the sweat test so the heat won't ruin your makeup! BY rachael nichol



top row (from left): Julie, 21; Kristin, 22; Courtney, 21; Lauren, 21; Kerrah, 19; Aubrey, 19; Katie, 18.
center row (from left): Amanda, 21; Liz, 21; Tori, 19; Ashley, 19; Ashley, 19; Tasheka, 20; Kate, 19.
bottom row (from left): Michelle, 19; Lisa, 20; Tara, 22; Maggie, 19; Lauren, 20; Jennifer, 21; Katie, 21.

WEB EXTRA

Want your team to test products for us? Send your team's pic to seventeen.com/try.

WHAT THEY TRIED



N.Y.C. New York Color Waterproof Eyeliner Pencil in Teal, Moody Blue, and Mink, \$4 each, drugstores



Maybelline New York Intense Volume XXL Waterproof Mascara in Very Black, \$8, drugstores



Max Factor MaxWear Lipcolor & Gloss Duo in Citrine Beads, \$10, drugstores



Benefit She Laq, \$28, benefitcosmetics.com

WHAT IT DOES

These eyeliners promise to be **tearproof and sweatproof**, but they come off with makeup remover.

This mascara has a **primer on one side** for extra volume, and since it's waterproof, it won't run if you sweat—or cry!

The lip-stain side of this duo has **silicone** in it to prevent it from fading—add the gloss for even more shine.

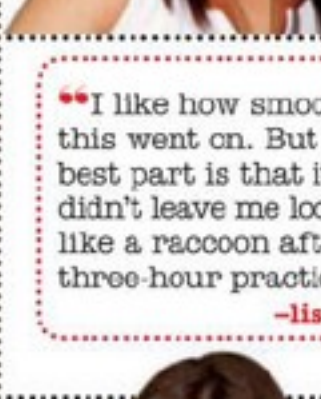
This sealer makes **any makeup waterproof**—just brush it on top of eyeshadow, blush, or gloss to set it.

WHAT THEY SAY



“I hate it when my eyeliner smudges during practice, but this one lasted for hours. I love the brown color!”

—amanda, 21



“I like how smoothly this went on. But the best part is that it didn't leave me looking like a raccoon after a three-hour practice!”

—lisa, 20



“The color was like a stain on my lips—I didn't need to touch up the for entire football game!”

—jennifer, 21



“This added a step and felt a bit sticky at first, but at the end of the game, my makeup looked freshly applied!”

—maggie, 19





glow responsibly



Get a naturally gorgeous glow and protect your skin from harmful UV rays.

Introducing Healthy Brilliance™ Protect & Glow. Its non-greasy, SPF formula goes beyond just a sun-touched glow to help protect your skin against harmful UV rays. And with natural Shea butter, your skin will feel soft and smooth. Discover the beauty of naturally brilliant, protected skin or your next glow is on us. | To find out more, go to www.healthybrilliance.com

St. Ives

Visibly Healthy. Naturally Swiss.



Rihanna's Pomeranian, Marly, kept her company while she recorded her new album.



rihanna's beauty diary

Here's how you can primp like a pop star!

BY desi gallegos



Check out her new album, **Good Girl Gone Bad**—in stores on June 5!



Getting glossed up for a CoverGirl ad.

“Rihanna loves experimenting with her hair's length, color, and texture. To keep her hair healthy and moisturized through all the changes, she uses Pantene's Breakage Defense Conditioner and a **BioSilk shine spray** every day.”

—TIPPI SHORTER, RIHANNA'S HAIRSTYLIST

try: Pantene Pro-V Restoratives Breakage Defense Conditioner, \$5, drugstores; Biosilk Finish Shine On Spray, \$40, ULTA stores



“I can't live without my lip gloss—it smells like fresh fruit and reminds me of Barbados. It's super-shiny and leaves my lips really moisturized.”

—RIHANNA

“I learned everything I know about makeup from **Mylah Morales**. We met at my very first photo shoot and have been working together ever since. She just did the cat-eye look for my album cover. I can't imagine what I'd look like without her.”

—RIHANNA

try: CoverGirl Wetslicks Fruit Spritzers in Guava Splash, \$6, drugstores

FREE LIP GLOSS! Here to page 3.



Mylah and Rihanna at the album cover shoot.

“I wore deep burgundy lipstick for the first time at a concert last year and fell in love with it—now I wear it all the time when I perform!”

—RIHANNA

try: CoverGirl Queen Collection Moisturizing Lip Color in Cherrylicious, \$5, drugstores



try: Korres White Tea Cleanser, \$20; Korres Sugar Crystal Skin Shield Cream, \$36, both at Sephora stores

“Rihanna cleans her face twice a day with a Korres **white-tea gel**. It's gentle, so it doesn't strip her skin of its natural moisture. After that, she uses a Korres **sugar cream**, which is really nourishing and great for dry climates.”

—MYLAH MORALES, RIHANNA'S MAKEUP ARTIST

Nair
HAIR REMOVER

I am pretty

I am
committed.
I am a citizen
of the world.
I am a dreamer.
I am fresh.
I am so not going
to have stubs sticking
out of my legs.
I am who I am.
I am happy. I am pretty.

Introducing
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or fresh peach.

And it dissolves hair below the
surface — for smooth, pretty skin that
lasts longer than shaving—
with no cuts, no razor bumps.



cut

dissolve



spray



cream

go to nairpretty.com

Be pretty



seventeen
summer
SKIN
guide!

Before you slip on a swimsuit, **think** about this: One in five Americans will get skin cancer during his or her lifetime. So we'll show you the newest products, the **best** ways to protect yourself, and how you can look glowing without any **risk.** by jennifer laing

the dark side of the sun

Think *you* can't get skin cancer? Think again. Learn the truth about the sun and its dangerous effects.



ARE YOU AT RISK?

If you answer yes in any one of these boxes, it's time to see a dermatologist—stat!

YES ☐ NO ☐

Have you had 5 or more sunburns?

Even if you *really* burned in only one spot missed by sunblock, just a few burns double your skin cancer risk.

YES ☐ NO ☐

Do you have more than 30 moles?

Sounds weird, but take a minute to count them; also be on the lookout for changes in their size or color.

YES ☐ NO ☐

Has a family member had skin cancer?

It tends to run in families, so if anyone close to you has had it, you have a 1 in 10 chance of developing it too.

YES ☐ NO ☐

Are you taking birth-control pills?

Some experts believe the Pill increases skin cancer risk because it can make you more sensitive to sunlight.

YES ☐ NO ☐

Is your immune system weakened?

Chemotherapy and certain diseases (like HIV, HPV, and lymphoma) increase your risk for skin cancer too.

watch out!



Doesn't **Lindsay Lohan** know that using tanning oil makes UV rays even stronger? Soon, she could have the wrinkles, age spots, and leathery skin to prove it.

17 FYI

Think you're hardly in the sun? Just 20 minutes of sun exposure a day adds up to two weeks of eight-hour days over the course of a year!

oh yes!



Staying cool in the shade, like **Joss Stone** does, will keep your skin looking young and healthy.

sunburn myths

It's time you knew the real deal.

myth

"My dark skin doesn't burn."

truth

Darker skin looks pink instead of bright red when you burn, but the skin damage is the same. Skin cancer can be harder to see and diagnose on dark skin, making it potentially deadlier.

myth

"I don't need sunscreen if it's cloudy."

truth

Clouds, smog, and fog block only 20 percent of UV rays—so even on rainy days when you don't see sunlight, the harmful rays are reaching (and damaging) your skin!

myth

"I need sunblock only at the beach."

truth

More than 90 percent of all skin cancers are caused by everyday sun exposure. A walk to the bus stop or an outdoor shopping trip can be just as dangerous as laying out to tan.

UVA rays

vs.

UVB rays

"Aging rays"

what they are: These rays penetrate deep into your skin, potentially causing wrinkles, saggy skin, and brown spots—but *not* sunburns. You're exposed to them rain or shine, morning until night.

protect yourself: There's no standard UVA grading system for sunscreens, but certain formulas will block those rays (see page 60).

"Burning rays"

what they are: These rays hit the top layers of your skin and cause painful sunburns and peeling. They're strongest between 10 A.M. and 4 P.M. in the summer.

protect yourself: UVB blocking is measured by the sun protection factor (SPF) grading system in sunscreens. The higher the SPF, the greater the UVB protection.

TURN for more on skin cancer! →

WEB EXTRAGet more info
and connect to
these girls at
seventeen.com/skin.**tanning-
bed victim!**

I wanted to be tan for prom, so when I was 17, I tried a tanning booth for the first time. I liked the way I looked with a tan, and when I started entering beauty pageants, tanning became part of my regular routine. Two years later, I won my first crown as Miss Southern Maryland and was up to four or five sessions a week.

The following April, I was out on our family boat when my mom noticed what looked like a scab the size of a small nickel on my back. I told her it was just a mole and not to worry about it. But months later, it started to itch, and when I scratched it, it bled. My dermatologist took one look and told me it was **melanoma**. A biopsy confirmed it. I was in shock. My doctor immediately scheduled me for a melanoma-removal surgery—a procedure that involved cutting out the mole and surrounding tissue—that left me with an eight-inch scar on my back. They also removed two lymph nodes under my arms to make sure the cancer hadn't spread to my immune system, which would have required radiation and chemotherapy. Thankfully, it hadn't.

Since my original diagnosis, I've had more than 20 surgeries on moles that seemed suspicious. Fortunately none have tested positive for melanoma. Still, as a precaution, I see my dermatologist and oncologist [a cancer specialist] every six months. I get a visual full-body scan and have my chest X-rayed to make sure the cancer hasn't spread. And I check my own skin daily for anything that looks unusual.

Now I wear SPF 30 every day. I don't miss my bronze tan. I think my skin looks better—and healthier—now.

—BRITTANY, 22, MISS MARYLAND 2006

A scar from a mole biopsy

“we got skin cancer!”

These readers' stories prove that the scary disease can strike at *any* age.

it runs in her family!

“I was 15 when I first saw the mole on my chest that turned out to be **melanoma**. Even after it was removed a year later, the cancer spread to one of my lymph nodes. I had to get protein shots to prevent further spreading—I felt like I had the flu for a whole year! I found out my grandparents had it too. I just didn't think it could happen to me so young!”

—KELLI M., 24

Kelli M.'s surgery

total surprise!

“I'd had a white bump on my nose since 8th grade. I never thought anything of it—but one day last year, I scratched it and it never healed. At 21, I saw a dermatologist who told me it was **basal cell carcinoma**. Now the scar on my nose from the surgery reminds me to wear sunblock every day.”

—KELLI S., 22

Kelli's scar

types of skin cancer

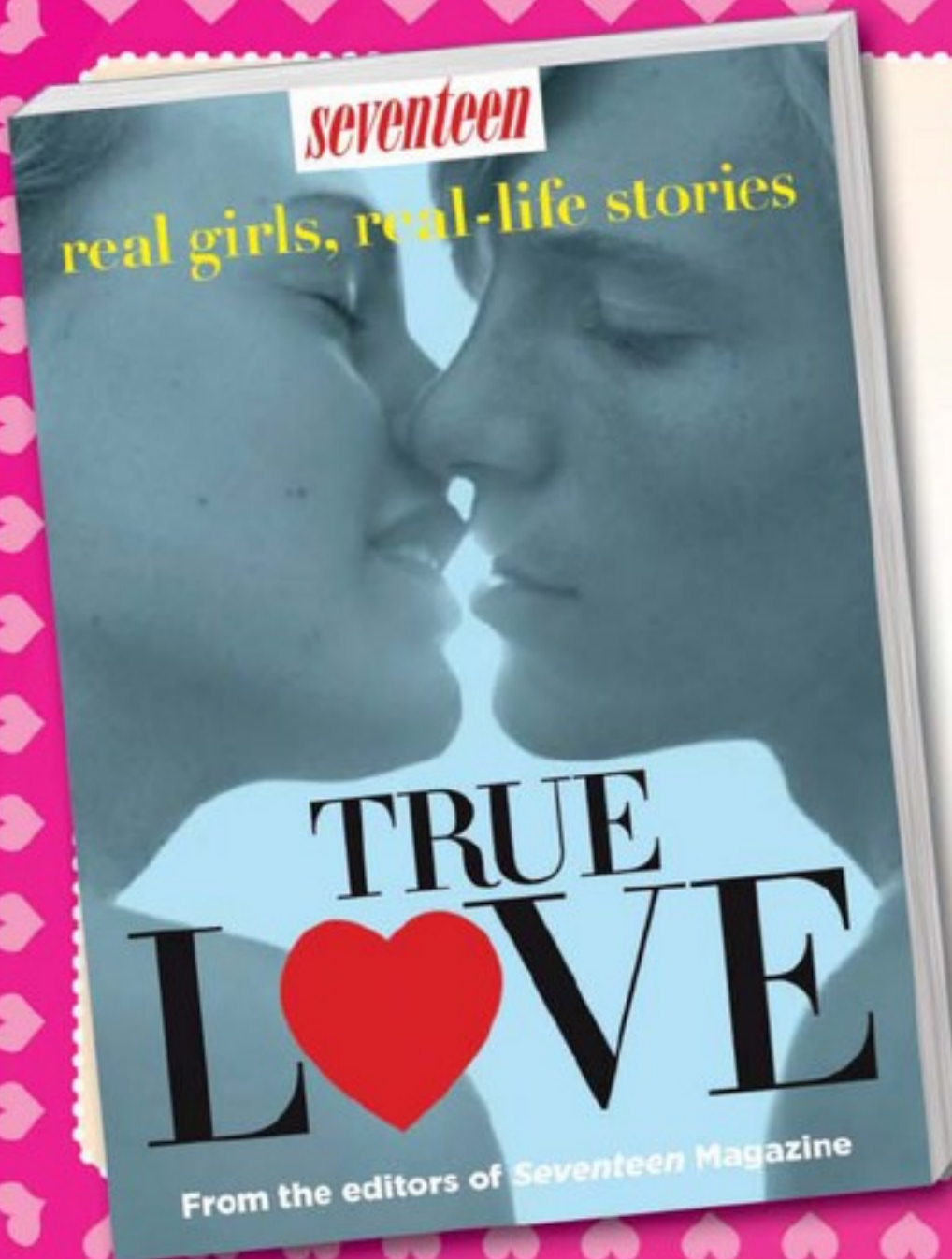
- **melanoma** is the deadliest form of skin cancer. It's a cancerous tumor that shows up as a mole. If it's not surgically removed, the cancer could spread.
- **basal cell carcinoma (bcc)** is the most common form of skin cancer. It typically appears as pink, red, or white bumps. It's rarely deadly, but it can damage the surrounding skin—so you'll likely need surgery to remove it.
- **squamous cell carcinoma (scc)** appears as a smallish scab that won't go away. It tends to show up later in life. It's curable but must be removed ASAP.

TURN to learn how to prevent cancer! →



Join the fight against the world's most common cancer.

Download this badge at seventeen.com/skin to help raise awareness and money for The Skin Cancer Foundation!



Real Girls, Real Stories

True Love

Two-timers and love triangles. Opposites that attract. Fleeting summer romances and passion that endures even when partners are apart. You and your BFFs know that even though love's wonderful, it's not always a fairy-tale...and that's why these stories from girls just like you will touch your heart.



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Real Girls, Real Stories

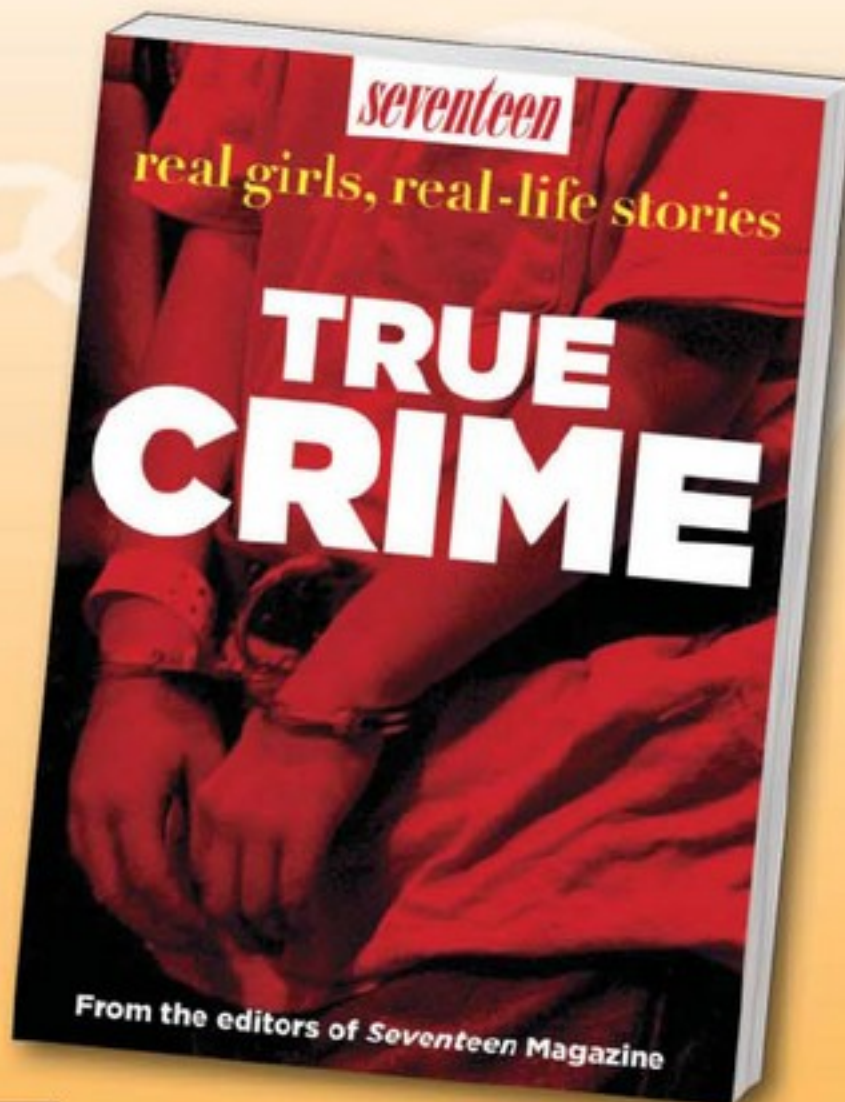
TRUE CRIME

What happens when lives go tragically wrong? These powerful true stories show what can happen with just a single mistake. They all involve teens—some as perpetrators, some as victims, but all caught in a web they can't escape. Once you read them, you'll never forget.

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HEARST BOOKS

A Division of Sterling Publishing Co., Inc.

save your own life!

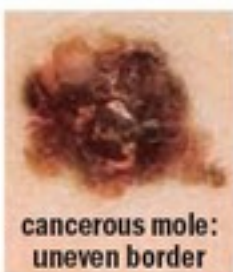
Learn how to spot a cancerous mole
before you become a victim.

WARNING SIGNS

When is a mole melanoma? When it has one or more of the following characteristics:



cancerous mole:
asymmetrical



cancerous mole:
uneven border



cancerous mole:
multicolored

A **symmetrical** A healthy mole is perfectly symmetrical and round. If the shape looks irregular, it could mean the mole is cancerous.

B **order** Dangerous moles tend to have uneven, faded, or lumpy edges.

C **olor** Multicolored moles and moles that turn red, white, or blue *must* be looked at by a doctor.

D **iameter** Melanomas are usually larger than ¼" in diameter (the size of a pencil-eraser head).

E **volving** Any change in a mole's size, color, or condition (like if the mole is itchy, bleeding, or crusting) is a warning sign that something is wrong.

17 FYI Look out below! The lower part of your legs is one of the most common places for girls to get skin cancer.

17 FYI
Melanomas caught early are almost 100 percent curable!

17 FYI If every American did a monthly skin self-exam, melanoma deaths could decrease by 60 percent!

WEB EXTRA

Download a body chart that does use to help keep track of your moles: Go to seventeen.com/skin.

at the dr.

candid camera!

These tools help doctors track your sun damage and skin changes more accurately:



• **UV CAMERAS** take photos of your skin to reveal those hidden dark spots (aka sun damage!). Your dermatologist can help locate the service.

• **MOLE-MAPPING CAMERAS** take detailed pics of your body to document changes to moles. Find a service at dermatrak.com/locations.htm.

at home

do a self-exam!

Follow these steps once a month to keep track of your moles and spots.

Make a note of anything that looks unusual, then make an appointment with your derm to discuss it.

1



Check the front Stand naked in front of a full-length mirror in a bright room. Check your face, then your neck, chest, torso, legs, arms, and feet.

2



Check the back Turn around and use a hand mirror to check your backside. Start with the nape of your neck; move to your back, butt, and legs.

3



Check hidden spots Don't forget spots like ears, armpits, under your breasts, heels, soles, toenails, and genitals (under pubic hair and on your vulva).

4



Check scalp Finally, check your scalp using a comb or blow-dryer to part your hair from front to back, then side to side to see down to the skin.

Jessica Simpson has the kind of skin anyone would love. Smooth, clear and radiant. But that wasn't always the case. Jessica used to experience breakouts quite frequently – the bumps, the redness, the embarrassment. But when she started using Proactiv® Solution, her skin got clear and has stayed clear ever since. Unlike other treatments Jessica tried, Proactiv® Solution works *proactively* to help prevent breakouts before they even start. It's so gentle, your skin can clear up without dryness, redness or irritation. And it even comes with a 60-day money back guarantee, so if you don't love it, you can send back the bottles within 60 days of delivery (even if they're empty) and get a full refund (less s/h). Jessica Simpson relies on Proactiv® Solution because breakouts are the last thing she has time to worry about. What about you?

THANKS TO PROACTIV® SOLUTION, I LOVE BEING IN THIS SKIN.

COMPLETE SYSTEM ONLY \$19⁹⁵

SAVE OVER 50% OFF
INDIVIDUAL PRODUCT PRICES.



TWO FREE BONUSSES, A \$20 VALUE!

Order now and get the Proactiv® Solution Refining Mask (it boosts the benefits of the 3-Step System) and Face the Facts, a guide to everything you ever wanted to know about acne. Especially how to get rid of it.

☒ **YES!** I would love to have clear, smooth, blemish-free skin! Send me my Proactiv® Solution 30-day kit with a risk-free 60-day guarantee! One complete system for only \$19.95 plus \$5.95 shipping & handling via PRIORITY MAIL (U.S. funds only). CA, IA, NC & PA residents please add applicable sales tax.

Payment method:

☐ Check or Money Order enclosed for \$25.90 (19.95 + 5.95 s/h) plus applicable sales tax, payable to Proactiv® Solution.

☐ Charge my ☐ VISA ☐ M/C ☐ AmEx ☐ Discover

Acct.# _____ Exp. _____

Signature _____

By ordering now, you'll be automatically enrolled in the Proactiv® Solution Clear Skin Club. After 30 days, you'll automatically receive a new 60-day kit (less two free bonuses) every two months, and you'll lock in the low price of only \$19.95 per month (plus s/h and any applicable sales tax per shipment), charged to the credit card provided above, for as long as you are a member. There are no minimum number of kits to buy, and you can cancel future shipments by calling customer service at any time.

Name _____

Address _____ Apt.# _____

City _____ State _____ Zip _____

Phone (____) _____

(in case we have a question about your order)

CALL NOW, OR MAIL TODAY TO:
Proactiv® Solution, c/o Guthy-Renker®,
P.O. Box 362995, Des Moines, IA 50336
www.proactiv.com

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GUTHY-RENKER®

335-323607

CALL NOW! 1-888-772-1200



17 FYI If you're applying sunblock properly, you should drain almost a whole bottle after a single day in the sun.

the safest

There's an easy way to get a healthy, skin—sunblock and self-tanner are

SUNBLOCK SMARTS

Here's what to look for in a sunscreen:

- ✓ **spf 15+:** Any less and you're not getting enough UVB protection.
- ✓ **broad-spectrum protection:** SPFs protect only against UVB rays, so be sure to check the label for the phrases "broad spectrum" or "protects against UVA and UVB."
- ✓ **these ingredients:** Zinc oxide, which acts like a barrier to stop UVA and UVB rays from hitting the skin, or oxybenzone (for UVB) and avobenzone in combo with Helioplex or Mexoryl (for UVA), which work with your skin's chemistry.

protect yourself

DO

• **DO** apply 1 oz. of sunscreen to your whole body. If using a spray-on sunblock, thoroughly drench your skin. Reapply every two hours and after swimming or sweating.

• **DO** wear clothes with Ultra Violet Protection Factor (UPF) or give your wardrobe UPF with a sunscreen wash.

try: Sun Guard, \$2, sunguard.sunprotection.com

• **DO** use UV sensors when you're outside. These UVB-sensing stickers change color when it's time to reapply sunscreen.

try: Sun Signals UV Sensors, \$5 for pack of 18, sunhealthsolutions.com

DON'T

• **DON'T** spend a lot of time in the sun between 10 A.M. and 4 P.M.

• **DON'T** forget sunscreen on hairline, neck, and ears.

• **DON'T** go to the beach without a wide-brim hat and UV-blocking sunglasses.



try: Coolibar Packable Wide Brim Hat in Aquamarine, \$30, coolibar.com

SUNSCREENS we love:

try: Skin Effects Sun Effects SPF 45 Sunscreen Lotion, \$13, CVS stores



try: La Roche-Posay Anthelios SX SPF 15 Daily Moisturizer, \$29, drugstores



try: Clinique Lip/Eye SPF 30 SunBlock, \$17, department stores



try: Neutrogena Fresh Cooling Sunblock Gel SPF 30, \$10, drugstores

FEELS COOL ON HOT SKIN!

way to sun

summery glow without damaging your the summer's dynamic duo!

WARNING!

No suntan is safe! That "base tan" you think will prevent your skin from burning is really causing serious damage.

•BAD: tanning outside!

There is nothing healthy or pretty about damaged skin. And while you may think a golden glow makes your skin look better or can help you get rid of zits, sun exposure actually triggers oil production, promotes pore clogging, and ages your skin.

•WORSE: tanning beds!

Indoor tanning lamps emit UVA and UVB radiation up to 15 times higher than the sun itself. Even going once a month—or just for a special occasion—can multiply your chances of developing skin cancer.

2.3 MILLION teens use a tanning salon at least once a year. Don't be one of them!

17 FYI

Tanning beds are actually addictive—their UV rays release endorphins in your body to make you feel good. For the same mood boost, slather on sunscreen and head outdoors for half an hour instead!



WEB EXTRA

For more info on skin cancer and sun protection, go to seventeen.com/skin.

tan the right way

Forget streaks and splotches—these new self-tanners actually look real!



COLOR & SPF

try: Prescriptives Sunsheen Custom Color Tinted Self Tanner SPF 15, \$27, prescriptives.com



PROTECTS LIPS

try: Hawaiian Tropic Instant Island Glow Daily Moisturizer with Tinted Lip Gloss SPF 15, \$8, drugstores



QUICK BRONZE

try: Coppertone Moisture Mist Tan Continuous Spray, \$10, drugstores



BEST SCENT

try: Jergens Natural Glow Face Daily Moisturizer SPF 20, \$7, drugstores

oh yes! faux glow

oh no! tanorexic

fergie mixes self-tanner with moisturizer to get her subtle color.

tara reid looks like a lobster thanks to her tanning oil!

celebs ♥ spray-tanning!

- Gisele Bündchen and Brittany Murphy ♥ Portofino Spa (portofinobeverlyhills.com)
- Ashley Tisdale, Eva Longoria, and Vanessa Hudgens ♥ Jimmy Jimmy Coco Spa (jimmyjimmycoco.com)



17 EXPERTS: Joel Cohen, M.D., a dermatologist based in Englewood, CO; Jeffrey Dover, M.D., a dermatologist based in Chestnut Hill, MA; Katie Rodan, M.D., a dermatologist based in Oakland, CA; Kathy Fields, M.D., a dermatologist based in San Francisco, CA; Diane Berson, M.D., a dermatologist based in New York, NY; the Skin Cancer Foundation; the American Academy of Dermatology; the American Cancer Society; and the American Society for Dermatologic Surgery.

seventeen's

SUMMER HOT LIST

WIN! SAVE!

These symbols mean there's a prize or coupon on page 65

We found the best plans for you—no matter what your mood. Keep this guide handy for the whole summer!

ready for fun?

This season is going to feel like one nonstop party with all of these cool picks!

1. BONNAROO FESTIVAL

 6/14–6/17, Manchester, TN, bonnaroo.com
Pack the s'mores and hit the road for this music jam/campout with more than 100 hot acts, including Lily Allen and Paolo Nutini.

2. TEEN CHOICE AWARDS

 **WIN!** 8/26 on FOX, fox.com
On this show you never know what to expect. Vote at fox.com, then tune in to see who wins—and who embarrasses himself (last year K-Fed rapped).

3. AUDITION

 **WIN!** Free to play, nexon.net
You may not move like Shakira in the real world, but you can *virtually* shake your hips to win a digital dance-off in this online game.

4. KELLY CLARKSON, MY DECEMBER

 Available on July 24, itunes.com
Kelly is the queen of fun rock anthems—and the tracks on her new album are no exception. They'll be the soundtrack to all your summer BBQs.

5. SINGSTAR POP

 **WIN!** \$50, bestbuy.com
This PlayStation 2 karaoke game will have you busting out to music by Rihanna, Alicia, Ashlee, and others—and it plays the actual videos, not cheesy fake videos.

6. HAIRSPRAY

 **WIN!**  **SAVE!** In theaters on 7/20; tickets at regmovies.com
No worries if you missed it on Broadway—you can see Zac Efron in the big-screen remake.

7. MIRANDA LAMBERT TOUR

 6/7–9/23, ticketmaster.com
Need a reason to blow off steam with the girls? You will love the feisty vibe of this young Nashville star—even if you're not that into country.

8. HIGH SCHOOL MUSICAL 2

 Premieres on the Disney Channel on 8/17; disneychannel.com
Who can resist a juicy clash of drama queens? Tune in as Ashley Tisdale and Vanessa Hudgens square off at a country-club talent show.

9. THE SIMPSONS MOVIE

 **WIN!**  **SAVE!** In theaters on 7/27; tickets at regmovies.com
The huge laughs you'll have watching Homer's odyssey on the big screen will make it worth the d'oh!

10. LIVE EARTH

 In various cities on 7/7; broadcast live on liveearth.msn.com
Have fun and save the world: 50 of your favorite artists, like The Black Eyed Peas, get together for a 24-hour benefit to stop global warming.

WEB EXTRA
Get the latest
entertainment
news at
seventeen.com/buzz



Looking for Love?

When you want every sultry summer moment to feel like a romance novel, we've got the answer.

1. BECOMING JANE

SAVE! In theaters on 8/3; tickets at regmovies.com
Get inspired to find your love as Anne Hathaway and James McAvoy re-create a steamy real affair of Jane Austen (the Danielle Steel of her day).

2. JOHN MAYER TOUR

WIN! 6/5-8/8; tickets at ticketmaster.com
No wonder Jessica is smitten—this guitar god is worth seeing in person to truly appreciate his talent and hotness.

3. T.I., T.I. VS. TIP

WIN! Available on 7/3; itunes.com
Who can resist a bad boy? You'll fall hard for rap king T.I. as he heats up his new CD with guest spots from naughty guys Eminem, Nelly, and Akon.

4. JON MCLAUGHLIN TOUR

WIN! 6/5-6/30; tickets at gotickets.com
If you want to coax your crush to finally make a move, take him to hear Jon's infectious romantic songs. (Fans of The Fray will ♥ him.)

5. SUMMER SHARE: SHIRT AND SHOES NOT REQUIRED

WIN! by Todd Strasser, bn.com
Buff surfer or cute singer? This juicy read about a fun summer beach house is like a choose-your-own-hot-guys adventure!

6. MARIO, GO!

WIN! Available on 7/31; itunes.com
This actor/singer is back with a new batch of tracks so sexy and soulful that he won't have to ask for permission to love you this time around.

7. KYLE XY

WIN! Premieres on 6/11 on ABC Family; abcfamily.com
We may not know if Kyle (Matt Dallas) is an alien, but the real mystery is if we'll have to wait forever for him to win the heart of unrequited love Amanda.

8. GOOD LUCK CHUCK

SAVE! In theaters on 8/24; tickets at regmovies.com
Cute goofball Dane Cook is now a leading man, playing a guy who woos Jessica Alba by not hooking up with her.

9. LICENSE TO WED

SAVE! WIN! In theaters on 7/4; tickets at regmovies.com
Thanks to the adorably funny Mandy Moore/John Krasinski combo, you won't have to bully your guy to see this romantic-comedy.

10. E-SPIN-THE-BOTTLE

WIN! Free to log on, espinthebottle.com
This safe networking site is the cure for rainy days and broken hearts. They've got thousands of hot (not skeezy) guys looking to chat with you!

TURN for more summer fun! ➔



need thrills?

You'll get such a buzz from this stuff, it should probably come with a warning label!

1. VANS WARPED TOUR

6/29-8/25;
warpedtour.com

It's the biggest bang for your buck in rock: 50-plus amped-up acts, like Cute Is What We Aim For, bring you a marathon of skate punk music.

2. US OPEN 2007

8/27-9/9,
Flushing, NY;
usopen.org

With all the hot tennis pros (Rafael, James, and Andy—oh, my!) going for the Grand Slam title, it will be hard to keep your eye on the ball.

3. TONY HAWK'S BIG SPIN

SAVE! Six Flags
St. Louis, MO;
Six Flags Fiesta, San
Antonio, TX; sixflags.com

Catch air like the skate legend with a new ride that gives you an extreme sports high without the risk of broken bones.

4. THRILLCOASTER TOURS

SAVE! 7/2-8/12;
thrillcoaster.com

If you love the 100-foot drops of amazing roller coasters, this vacation tour will take you to the nation's top theme parks!

5. FANTASTIC FOUR: RISE OF THE SILVER SURFER

SAVE! In theaters on
6/15; tickets
at regmovies.com

Your heart will race from Jessica Alba's heroic efforts to save the world and from Chris Evans's unbelievable hotness.

6. LIVE FREE OR DIE HARD

SAVE! In theaters on
6/27; tickets
at regmovies.com

You get brawn and brains when tough guy Bruce Willis teams with computer whiz Justin Long to fight bad guys.

7. THE BOURNE ULTIMATUM

SAVE! In theaters on
8/3; tickets
at regalcinemas.com

Matt Damon tries to clear his name once and for all in this nail-biting wrap-up of the movie thrill-ogy.

8. HONDA US OPEN OF SURFING

7/20-7/29,
Huntington Beach,
CA; usopenofsurfing.com

It's no shirt, no shoes at this national championship where ripped pro surfers, like Kelly Slater, show off their stuff. (We mean their surf moves!)

9. BLACKLISTED

by Gena Showalter,
in stores in July;
bn.com

This teen alien huntress is more likely to stop a meanie with a stiletto than a dagger. You won't be able to put it down!

10. SUM 41, UNDERCLASS HERO

Available on 7/24;
itunes.com

If Deryck Whibley's latest doesn't get your blood pumping, we don't know what will (especially the track where he sings in French—très sexy!).

seventeen's

hot deals for you!

win!



One reader will win two tickets to the **2007 Teen Choice Awards show and after-party.**

No purchase necessary. For more details, see page 116.

win!



17 readers will win one **\$10 Audition gift card**, and 17 readers will win one **\$25 Audition gift card.**

No purchase necessary. For more details, see page 116.

win!



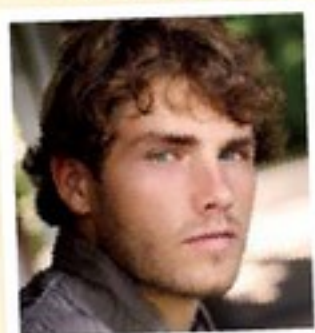
Five readers will win a **SingStar Pop game** and this **Hairspray ottoman.**

No purchase necessary. For more details, see page 116.

FREEBIES!

You can enter to win these items! For more details, see page 116. Go to seventeen.com/freebies for full rules.

win!



Four readers will win two tickets each to a **Jon McLaughlin concert.**

No purchase necessary. For more details, see page 116.

win!



One reader will win a **private screening of License to Wed** for herself and all her friends.

No purchase necessary. For more details, see page 116.

win!



Two readers will win two tickets each to the **2007 US OPEN TENNIS TOURNAMENT.**

No purchase necessary. For more details, see page 116.

seventeen reader reward



FREE POPCORN

Receive one free small popcorn with the purchase of a large soft drink at participating Regal Entertainment Group theatres.

Present this coupon at participating Regal Entertainment Group locations (find theatres at regmovies.com) to receive one small popcorn with the purchase of a large soft drink. Valid at participating Regal locations. Not valid with any other offer or discount. Not upgradable. No copies/facsimiles accepted. Limit one coupon per person. While supplies last. Expires 7/12/07.

seventeen reader reward

\$10 OFF



Receive \$10 off a general admission ticket to participating Six Flags Theme Parks.

Enter promotional code **seventeen** at sixflags.com. Valid when purchasing at sixflags.com only. Cannot be combined with any other discount. Expires 8/31/07. TM and © 2007 Six Flags Theme Parks, Inc.

seventeen reader reward

\$50-\$125 OFF



Receive \$50 off a one-week or \$125 off a two-week ThrillCoaster Tours teen tour.

Enter promotional code **seventeen** on the registration form at thrillcoastertours.com. Discount may not be combined with any other offers, has no cash value, and is nontransferable. Travel must take place during the summer of 2007 (see Web site or call 888-542-4842 for available tours). New customers only. Expires 07/30/07.

health

HOW TO MAKE IT WORK

Get the most out of your coed workout!

1
2
3

Teach him a few simple stretches; often girls are more flexible than guys.

Don't let him push you to train too hard. Most guys are built to be stronger.

Go ahead, let him see you sweat! The natural scent of your body actually attracts guys!

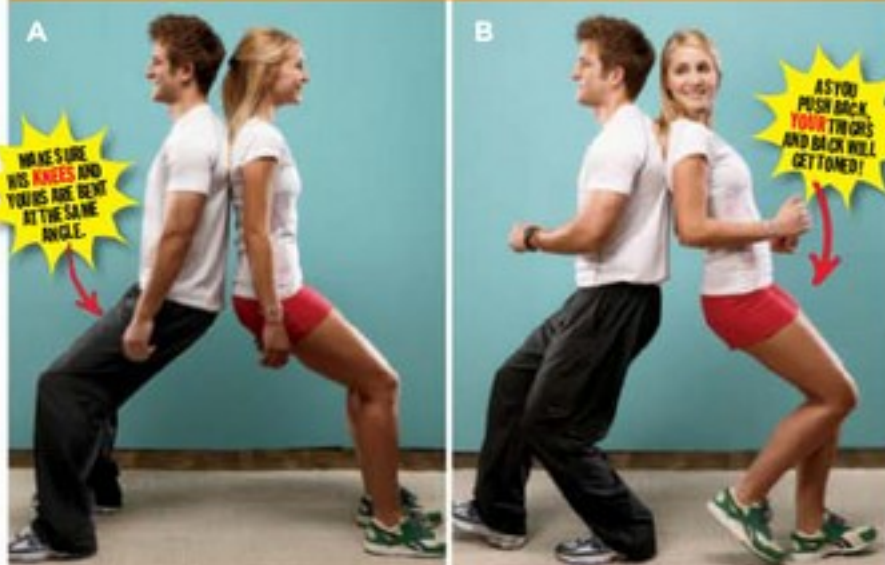
Go for a 20-minute run to warm up first!



work out with your **guy**

Grab your best guy friend (or your crush!) and try **Radu Teodorescu's** workout. You'll get stronger, leaner—and *definitely* closer!

LEAN IN



A Stand back-to-back with your knees bent and hips close but not touching.

B As he tries to run backward, resist. Run across the room; switch. Do 3 sets each way.

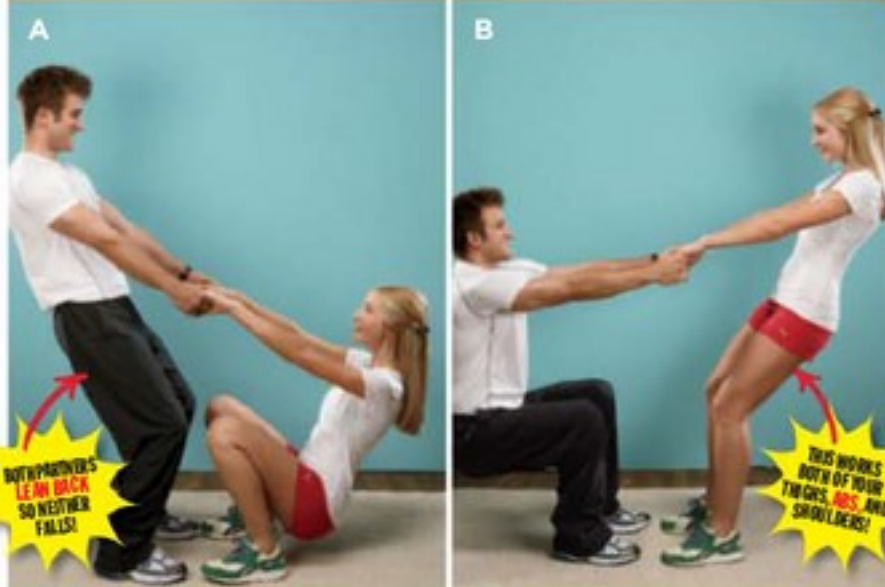
LIFT UP



A Sit in front of him with your knees bent and your hands around his neck.

B As he supports your back, rise up into an arch. Return to A. Do 3 sets of 8.

SEESAW



A Hold hands and create tension in your arms. Sit down into a low squat.

B As he lowers into a squat, straighten your legs to stand. Do 3 sets of 8.

SWING ON OVER



A Lie head to toe on the floor, lining up your hips with his. Reach under each others' legs to hold hands.



B Lift your legs and butt off the floor, then swing them to his other side as he swings his legs to your other side.



C Lower your legs to the floor, then repeat in the other direction. Do 3 sets of 8.



VIDEO

Get in shape with easy-to-follow fitness videos at seventeen.com/trainer.

get your **body** back on track!

You were psyched to join our **New Body, New You** challenge back in January, but if you've been slacking off, here's some midyear motivation.

BY melanie abrahams



Race you to the beach!

What's holding you back?

YOUR BLOCK

SNEAKY SOLUTION

"I can never find enough **time** to exercise."

SIGN UP

Once a week take a tennis lesson or a dance class. If exercising is part of your schedule and your friends are counting on you, you're more likely to do it!

"I can't stop eating **junk food** in front of the TV after school."

FAST-FORWARD

DVR your favorite shows, then serve yourself a little snack before sitting down to watch. When you skip commercials, you don't have time to get up for seconds!

"I **worked out** and ate healthy for 10 days but barely lost a pound!"

WEIGH LESS

Hide the scale; lots of factors can throw off your reading by several pounds. Besides, it's not about the number. Use how you feel and how your clothes fit to gauge progress.

"I can't control what **my family** makes for dinner."

START SMALL

Almost any food is okay if you don't have too much. Fill up on salad or veggies first, then take a little of the main dish. Stop eating *before* you feel stuffed.

"My **friends** always pig out on pizza and fries—then I want them too!"

SPLIT IT

Grab a healthy snack before you go out so you won't be so tempted. Then share a small order of something indulgent with your friends.

a little goes a long way
Just three 20-minute bike rides a week are enough to keep you healthy!

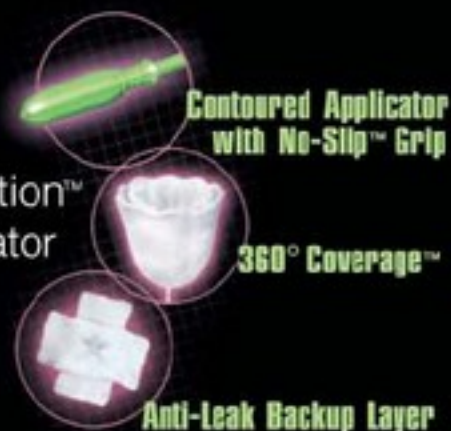
TURN for more easy ways to get healthy! →



Game time. Any time.
May the best protection win.™



With Playtex® Sport™, you get Sport Level Protection™ every period, every day. Sleek, contoured applicator with No-Slip grip; incredible 360° Coverage design; anti-leak backup layer that won't let you down.



In a nationwide survey, Playtex® Sport™ Super beat Tampax Pearl® Super overall. Find out why. For a free sample and valuable coupon, visit playtexsport.com.

Tampax Pearl®, a P&G trademark.

eat better (without even trying!)



Use smaller bowls and plates.

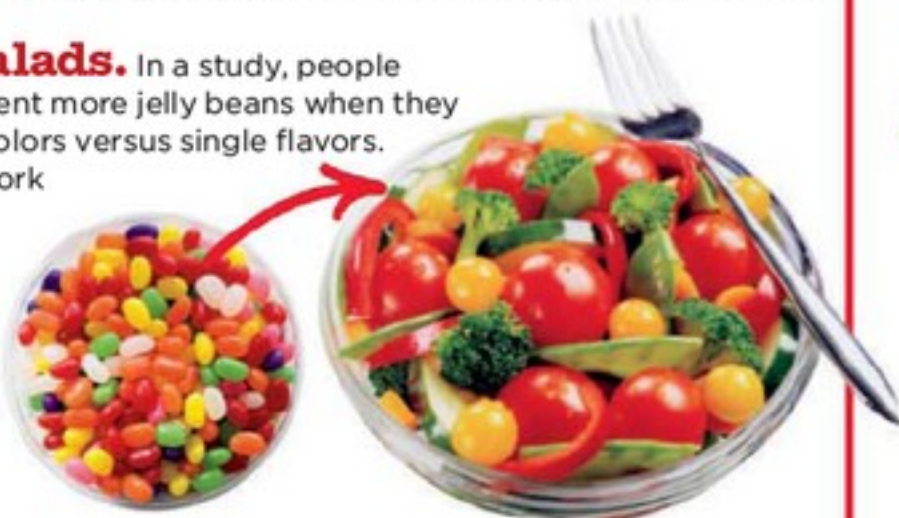
When people use larger bowls, they serve themselves 31 percent more food than when they use slightly smaller bowls.

So if you're about to eat something not so good for you, serve it on a salad plate or in a teacup. A healthy portion will look bigger, and you'll still feel like you've indulged!



Eat colorful salads. In a study, people scarfed down 69 percent more jelly beans when they had a bowl of mixed colors versus single flavors.

Make that tendency work for you with healthy foods: Dish up a salad full of different colors and tastes. You'll automatically eat more than you would with just one veggie choice.



-Brian Wansink, Ph.D, author of *Mindless Eating: Why We Eat More Than We Think* (Bantam, 2006)



“After exercising, I write down how good I feel. Then I read it later to remind myself that even if I'm not in the mood to move at first, I'll feel amazing once I'm done.”

-JoJo

www.soffe.com

SOFFE

Letters from Soffe fans...



Dear Mr. Soffe,

I want to thank you for inventing the most comfortable shorts in the world! I am a volleyball player and I love wearing my Soffe shorts & tank tops for All Sports, practices, shopping, going to the movies, and just hanging out with friends.

They're not only comfortable, they're cute, fun, and affordable! Keep up the great work!

Thanks Again,

Leah, 17



Soffe's Fan Club is exclusively dedicated to Soffe lovers.

Want to be the first to hear about new products, styles and colors before they hit the market like Leah? Join today! Leah wins all 35 colors of authentic soffes and Soffe flip flops. Congratulations!

www.soffefanclub.com

Not all who join will win. Winners are selected monthly. Please visit www.soffefanclub.com for more information.

Soffe Fan Club



STICKING WITH IT

These girls are doing great on our **New Body, New You** challenge—try their tricks!



“The most difficult thing is getting myself to do the workouts. I’m naturally kind of lazy, but I find that once I put on some music and let loose, I just start moving around and having a good time. Being active isn’t a chore—it’s a fun, healthy way to live your life!”

—JANET, 15, YUCAIPA, CA

“When I don’t feel like exercising, I envision myself at my perfect weight or in that prom dress I’ve been wanting. To reach that goal, I’ve got to get moving, and thinking positively makes a big difference.”



—GWENDOLYN, 16, SOUTHAMPTON, PA



“Don’t focus on getting skinny. Just think about being, looking, and feeling *healthy*. That’s a goal we all can reach!”

—PAYAL, 16, MANVEL, TX

GET FIT NOW!

Ready to go? It’s never too late to get started! Sign up for our **New Body, New You** plan at seventeen.com/challenge to find your ideal weight, get healthy meal ideas, post about your progress or tips, and read JoJo’s blog. (She’s doing the plan too!)



Sign up for the challenge and enter to win

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workout
wear**
WORTH \$140!



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HEADBANDS



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relax...

it's **not** an std!

get checked anyway
Up to 80 percent of sexually active women get an STD at some point, so ask your doc to screen you yearly.

Even virgins get freaked out when something is wrong down there. **BY** melissa daly

SYMPTOM

IT'S PROBABLY:

HOW TO FIX IT:

SMALL CHANCE IT'S:

"It burns when I pee."

a urinary tract infection

Wiping or sex can cause normal vaginal or anal bacteria to enter the urethra (where you pee) and cause infection if not flushed out by urine.

get antibiotics

See your doctor for the meds. For the burning, take OTC pills like Uristat. To prevent UTIs drink lots of fluids, don't "hold it," and pee after sex.

chlamydia or gonorrhea

These STDs could also make it hurt to pee, but more often they don't have any symptoms (so get screened annually if you're sexually active).

"I have bumps on my labia."

ingrown hairs or blocked pores

Both pubic-hair follicles and sweat glands can get stopped up and form pimplelike bumps, especially if you've recently shaved or waxed.

clear pores

Treat the bumps with a product containing salicylic acid, like Tend Skin, to open pores. To prevent, use an antibiotic cream after removing hair.

genital warts or herpes

Your bumps would be really painful or itchy if they were herpes; warts would be raised and flat. If that's the case, see your doctor for treatment.

"My vulva is itchy and irritated."

an allergy or a yeast infection

Your skin may be sensitive to your soap, laundry detergent, or condoms. If you're mind-blowingly itchy, have a doctor check for a yeast infection.

take an antihistamine

For relief, try Benadryl and a vaginal-itch cream, like Vagisil; prevent it with scent- or dye-free detergents. Use an OTC cure, like Monistat, for yeast.

trichomoniasis

Strong, fishy odor or unusual discharge? Get tested for this (or bacterial vaginosis). Both are treatable with antibiotics.

"I bleed after a bowel movement."

hemorrhoids

Constipation can cause these swollen veins, as well as tiny tears called anal fissures. Both can leave bright red blood on toilet paper.

use anti-itch cream

Preparation H helps with pain and itching. To prevent hemorrhoids, eat more whole grains and drink tons of water. Together they'll make it easier to go.

an STD from anal sex

Any STD can be spread to the anus, but they don't often cause bleeding. If it happens a lot or the blood is dark, get checked for intestinal problems.

28282

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To Order Any Item Text:
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E.g Text: TEEN 34287 to 28282



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To Order any Ringtone Text:
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Try out our new Realtones and get a cool voice track as your ringtone!

RINGTONES
OF THE
MONTH!

JIM JONES
'FLY HIGH'

REAL

POLY

42523

42371

AKON
'DON'T MATTER'

REAL

43744

Real Poly

TOP CHART HITS

44634	44581	TIMBALAND FT JAY Z & NELLY FURTADO	Give It To Me
43748	43744	AKON	Don't Matter
43877	43871	AVRIL LAVIGNE	Girlfriend
43749	43745	FERGIE FT LUDACRIS	Glamorous
42991	42969	GWEN STEFANI FT. AKON	Sweet Escape
43928	43975	MIMS	This Is Why I'm Hot
45060	45064	T-PAIN FT YUNG JOC	Buy You A Drink ..
44626	44676	BEYONCE AND SHAKIRA	Beautiful Liar
43639	43634	GYM CLASS HEROS FT PATRICK STUMP	Cupid's...
43623	43605	P DIDDY FT KEYSHIA COLE	Last Night
34992	34675	PINK	U And Ur Hand
44681	44668	R. KELLY OR BOW WOW FT T.I. & T-PAIN	I'm A Flirt
45027	45019	LINKIN PARK	What I've Done
43149	43147	DAUGHTRY	It's Not Over
42499	42373	CARRIE UNDERWOOD	Before He Cheats
42760	42758	JUSTIN TIMBERLAKE	What Goes Around...
42546	42547	NELLY FURTADO	Say It Right
44481	44480	NICKELBACK	If Everyone Cared

Real Poly

TONES HOTLIST

42722	42721	CHRIS BROWN FEATURING JAY BIZ	Poppin'
42775	42778	RASCAL FLATTS	What Hurts The Most
40842	40841	BUCKCHERRY	Crazy Bitch
43639	43634	NICKELBACK	Rockstar
16162	18353	50 CENT FT. OLIVIA	Candy Shop
43258	43251	AFROMAN	Because I Got High
23918	23767	BLACK EYED PEAS	My Humps

SOUND EFFECTS



22768

**BOYFRIEND
ALERT!**

25929

26609	SPONGEBOB
22997	FART EXPLOSION
27413	COOKIE MONSTER
23740	NAPOLEON DYNAMITE
26608	SOUTH PARK

*cover artists only

Movies

To Order a Movie Text:
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E.g. TEEN 30093 to 28282

Get a Cute Animation or Hunk as your Screensaver!



30093



25113



44814



45631

Wallpapers

Choose a cool picture to have as your cell phone screen saver!



16342



28840



31409



34287



28716

28001



30555



19107



13748



19533



25786



27542



45652



36169



43716



25134



43121



14296



41502



34686



42559



42849



40727



28653



25785



45639



40722



27904



24331



45645



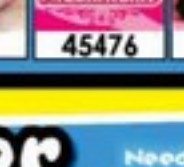
40525



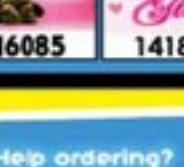
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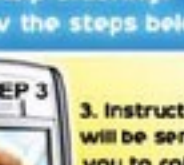
14184



14184



14184



14184



14184

How To Order

Need Help ordering?
Just follow the steps below!



1. Create a new text message and type in TEEN and the item code number.



2. Send to the number 28282



3. Instructions will be sent to you to collect your order!

Love Test

He loves me. He loves me not...
Is he the one for you?

Find out now using this simple Love Test...

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E.g. Text: TEEN JEN LOVES BRAD and then send it to 28282

Who's Your Next Crush?

What will his name be?
Is there true love in your future?
How will you know when you meet him?
Try our Love predictor to find out the initials of your future boyfriend's name!

Just Text: **TEEN BOY** then send to 28282

E.g. Text: TEEN BOY and then send it to 28282

Please check www.club28282.com for phone compatibility. For full terms and conditions please see www.club28282.com. All services apart from the love test are monthly subscription services. This service is available for compatible phones. If your phone is not compatible with your selection a similar item may be offered in lieu. Artists names are for informational purposes only. Your monthly subscription will be automatically renewed if not unsubscribed. Unsubscribe at any time by texting 'stop' to 28282. You must be 13 or over and have your parents and the phone owners permission to use the service. This service costs \$9.99 per month for up to 5 downloads. Love Test costs \$2.99 per message received. Love Test is not a subscription service. Future Husband Test costs \$2.99 per message received. Future husband Test is not a subscription service. Unused credits do not rollover to next period. Normal carrier charges (WAP, GPRS, SMS) apply. Service available for Cingular, AT&T, Sprint, Verizon and T-Mobile subscribers only. Not available for prepaid customers. Customer Care Email: support@club28282.com. *Realtones are impersonations performed by professional voice artists. They do not carry the approval or endorsement of the personality impersonated.



love life

JUST DO IT

“Girls rarely approach me. So if a girl comes over and starts talking, I know she’s brave!”

-dennis kalinin, 20



how to pick **him** up!

Hot Abercrombie models (!!!) tell you the flirty moves that worked on them. Now test these tactics on the cuties in *your* neighborhood!

KEEP COOL



“The trick is to make me comfortable. Like one time, this girl **heard** me say that I’m from Texas, just like she is, so she introduced herself. It was very **casual**, not overly flirty—so of course I couldn’t wait to ask her out!”

—anthony morgan, 20

“I was surfing at the beach when a girl in a truck full of surfboards **asked** me how the waves were. Later, she **admitted** the boards weren’t hers. She just wanted to talk!”

—albert reed, 22



FIND AN EXCUSE

GET HIS #!

Fun stats about these hot guys.

24

TOTAL NUMBER OF SERIOUS GIRLFRIENDS THEY’VE HAD.

3

AVERAGE TIMES THEY’VE SAID, “I LOVE YOU.”

2

AVERAGE TIMES THEY ACTUALLY MEANT IT!

43

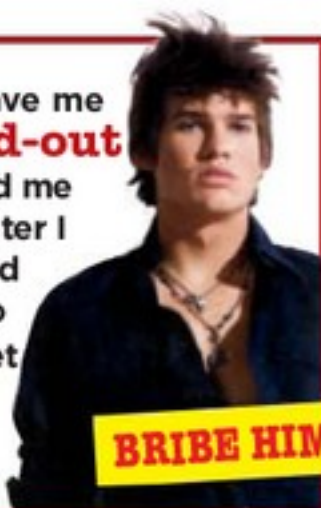
PERCENT WHO BELIEVE IN LOVE AT FIRST SIGHT.

65

TOTAL HOURS PER WEEK THEY SPEND AT THE GYM!

“This girl gave me a ticket to a **sold-out** concert and asked me to be her date. Later I found out she paid her friend \$100 to **give** up her ticket for me!”

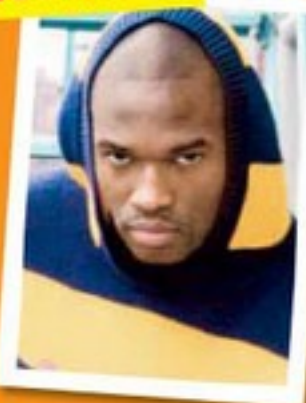
—tyler johnson, 20



BRIBE HIM

“Pickup lines can be cute at the right moment, but **compliments** are your best shot. This girl came up to me one time and said I had a great **smile**. I was like, *Really?* I was pretty impressed!”

—jahmal gilead, 22



FLATTER HIM

BE CONFIDENT



“One day at the mall this girl I knew from school came up to me, **programmed** her number into my cell, and said, ‘You should **call me** sometime.’ I was like, ‘Okay!’ She just seemed so **secure** and comfortable with herself.”

—taylor haralson, 17



“In my high school PE class, a random girl approached me and **lifted up** her shirt. She had written ‘I love you’ on her **stomach** with a Sharpie. I didn’t even know her—it was so weird!”

—scott mccray, 20

UH-OH!
WHAT
NOT
TO DO

major **party** mistakes

(that will cost you the guy!)

Never meet anyone good at parties? This could be why. **BY elisa benson**



You're trapped in conversation.

WHY IT'S A MISTAKE:

You're probably thinking, Phew, I have someone to talk to! But he thinks you're not interested in meeting anyone else. No guy will have the guts to interrupt an intimate twosome.

HOW TO FIX IT:

Mingling is tough, but it's easier when you have a way out. Limit convos to the span of two or three songs, then graciously say that you ditched your friend upstairs or that your cell is vibrating.

You're dressed like a clone.

WHY IT'S A MISTAKE:

When a guy can hardly tell you apart from your friends, he won't notice what makes you special.

HOW TO FIX IT:

A few key details, like your jewelry and hairstyle, can make the standard "jeans with a cute top" look unique.



You're constantly texting.

WHY IT'S A MISTAKE:

It feels awkward to be alone at a party, but using your phone as a shield prolongs the weirdness by making you seem unapproachable.

People (read guys!) won't want to come over if you look like you have other places you'd rather be.

HOW TO FIX IT:

After texting your friends to say you've arrived, stash your phone in your purse.

Then find someone you know and follow the "just say hi" rule—conversation will naturally follow.

Another party secret? Hang out in the kitchen. Asking, "Have you tried this yet?" is always a natural icebreaker!



You're babysitting a friend.

WHY IT'S A MISTAKE:

It's good to be there for a friend who drinks too much. But if you have to take care of her every weekend, it cuts into your own time for fun—and enables her to keep up the sloppy behavior.

HOW TO FIX IT:

Before you get to the party, tell your friend she needs to chill with the booze. Then enlist another friend to help you out in case she starts to go overboard. Last resort? Plan some nights out with your other friends.

WEB EXTRA

Get more tips on how to work a party the right way at seventeen.com/party.

joel madden

Underneath all the tattoos, Good Charlotte's leading man is a big softy. He shares his mushiest moments so we can all find true love!

1. avoid the friend trap

In high school I didn't know how to make it clear when I liked someone. Now I know you can't put out the friend **vibe**. You have to say, "I'm interested in you." Don't just **wait** around for him to call.

2. take it slow

Be that girl who says, "Maybe every **other** girl wants you. You can be with them or wait [for me], 'cause I'm worth it." You know what I mean? Every girl I've ever dated has been **classy** like that.

3. insist on support

Before the band was signed, the girl I was dating at the time was very **negative**, like, "Do you *really* think you're gonna make it?" Now I know that was about her own **personal** fears. You need someone who's going to encourage you.

4. never chase him

Sometimes girls try too hard to **win** a guy's attention. But when they come into their own **confidence**, guys notice. For me, I began getting girls when I started getting confident.

5. respect yourself

Don't let a guy **walk** all over you—no matter how much you like him. **Standing up** for yourself is *way* more attractive.

“When I’m with a girl, she’s my number one. I make sure she’s happy.”

Joel madden is Good Charlotte's lead singer and songwriter. He also deejays and co-owns the clothing line DCMA Collective.

joel's loves

ex-girlfriend
hilarly duff

current flame,
nicole richie

WEB EXTRA

Find out what Joel said about Benji, breakups, and saying the L-word at seventeen.com/joel.

GIVE
THIS TO
YOUR
GUY

share your deepest secrets!

When you play "I'll tell you mine if you tell me yours," it will only make your relationship stronger. **BY julie miller**

WEB EXTRA

Share even more secrets with our online survey at seventeen.com/survey.

trust me

You must both vow to never tell anyone else the answers on this questionnaire!

YOU FILL OUT THIS SIDE!

1. "I'd love it if you _____."
2. "If I met _____, you'd have to let me kiss him."
3. "My favorite outfit of yours is _____."
4. "Don't ever ask me to _____."
5. "The best makeout song is _____."
6. "_____ is on my list of things to do before I die."
7. "The most rebellious thing I've done is _____."
8. "Someday I will be famous for _____."
9. "My idea of the perfect night out is _____."
10. "I get annoyed when you _____."
11. "If I could trade places with someone for a day, it'd be _____."
12. "Don't call me during my favorite TV show, _____."
13. "You can tell I'm upset when I _____."
14. "My dream job is _____."
15. "I've never _____, but I'm dying to."

HE FILLS OUT THIS SIDE!

1. "I'd love it if you _____."
2. "If I met _____, you'd have to let me kiss her."
3. "My favorite outfit of yours is _____."
4. "Don't ever ask me to _____."
5. "The best makeout song is _____."
6. "_____ is on my list of things to do before I die."
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13. "You can tell I'm upset when I _____."
14. "My dream job is _____."
15. "I've never _____, but I'm dying to."



**TRULY REFRESHING
COOL SPEARMINT
REMARKABLY LONG LASTING**



real life

We're
together
again!



happily reunited
Above: Christina, with her
brothers Josh (left), then 21,
and Jake, then 19, after their
12-year separation. Inset:
The siblings in Texas in 1994.

“i found my long-
lost **brothers**
on MySpace!”

After Christina, 17, was adopted and moved away, she thought she'd never see her family again. Then one day she got a strange e-mail. AS TOLD TO veronica byrd

Growing up, I always knew I was adopted. When I was 4 years old, my birth mother went into rehab—and never came back home. So me and my brothers, Josh, 9, and Jacob, 8, lived with my birth dad in Mesquite, Texas. Then one day the police busted down the front door of our house and arrested my dad. (I was told later he was sent to prison.) There was no one to take care of us, so we were put in foster care. At first Jacob and I went to live with a family on a farm in Mesquite. Since they didn't want to take Josh (who was older and often got into trouble), he was sent to a group home about 10 miles away.

I was so scared and confused. Who are these people? I wondered. Every Wednesday a therapist would take me and Jacob to visit Josh at a park or a restaurant. A year later, that all stopped after I was adopted by a different couple and moved with them to St. Petersburg, Florida. I cried and cried when they took me away. "Where's Josh? Where's Jacob?" I kept asking as tears streamed down my cheeks.

FUTILE SEARCH

Over the next few years, I adjusted to my new mom and dad. But I always felt like a part of me was missing—and I wondered what had happened to my brothers. Whenever I asked about them, my adoptive parents said they didn't know where my brothers were.

Three years ago, when I was 14, I started thinking about Josh and Jacob more and more and decided to look for them on MySpace. (I assumed that, like a lot of kids our age, they would have pages.) Our last name had been Earl, so I spent hours looking for a Jacob Earl in Texas. I finally found a guy with that name who was my brother's age. I sent him an e-mail but never heard back. Then I called the Texas Department of Family and Protective Services to see if Josh and Jacob had been adopted. But they said they couldn't tell me anything until I turned 18. I was upset—but figured there was nothing I could do.

MYSTERY MESSAGE

On August 13, 2006, I logged on to my MySpace page, like I did every day, to check my messages. I had one from a guy named Jake. I didn't know anyone by that name—but I opened it anyway. He asked me if my adoptive parents were named Maryann and Don. My profile said I was adopted, but how does this guy know my parents' names? I thought. It was weird, but I replied yes. Then he wanted to know if I had any brothers or sisters. It suddenly dawned on me that he could be my brother. My stomach was turning somersaults—but I tried to stay calm. I typed, "Are you my brother? I have a brother named Jacob, and he should

"I always felt like a part of me was missing."

be 19." He replied, "Your birthday is January 26, 1990. My birthday is October 5, 1986. Are you my sister?" By then I was shaking. I was so excited I could hardly press the keys on my computer. "What's your previous last name?" I asked. Within seconds the reply came: "Earl." I started jumping up and down and screaming, "Oh, my God! Oh, my God!" I wrote back that I thought I was his sister. "Call my cell phone. We need to talk. This is f***ing crazy!" Jake replied.

FAMILY REUNION

My hands were trembling as I dialed the number. The moment I heard his voice, I started crying uncontrollably. "Wow! This is crazy," Jake cried. I couldn't believe I'd finally found my brother—after 12 long years apart!



new beginning

Above: Christina and her blended family. Left: She, Josh, and Jake with their birth dad in the early '90s.



FROM JAKE, Aug. 13, 2006, 2:32 p.m.
i am pretty sure that i know u. do u know if you have any brothers or sisters. I might know them.

FROM CHRISTINA, Aug. 13, 2006 2:33 p.m.
are u my brother? i have a brother named jacob and he should be 19 this is kinda weird

FROM JAKE, Aug. 13, 2006, 2:34 p.m.
your birthday is january 26 1990 . . . my birthday is October 5 1986 **are you my sister?**

Jake told me that he had attempted to find me too but had no luck, so then he decided to try MySpace. "I tried to picture what you would look like," Jake said. I asked what had happened to Josh. "He lives right here in Sarasota in an apartment 10 minutes away from me," he said. I was shocked! Jake told me that he and Josh had been adopted by the same couple, and they'd moved to Florida several years ago—they were less than an hour away. "What are you doing for dinner?" Jake asked.

Josh and Jake immediately drove to St. Petersburg. I could hardly sit still—and kept peering out the living room window. Then I saw two cars pull up and I opened the front door. They both ran to me, arms outstretched, and we hugged tightly and cried. Then we went to dinner and talked for hours about our lives. I was taking classes to become a nurse, Jake was heading to college to study architecture, and Josh wanted to be a P.E. teacher. I guess some things never change—Josh, who had always been the more protective brother, asked if I had a boyfriend and what he did for a living. All evening, we couldn't stop talking and smiling.

I admit it's been hard getting used to being a little sister. At times we may have our disagreements, but I finally have my family back—and nothing will ever separate us again. 17

WEB EXTRA
Want to locate a long-lost friend or relative? Find out how at seventeen.com/find.

CARRIE'S MISSION:

support our troops

Our brothers, sisters, boyfriends, girlfriends, moms, and dads are fighting in the war. Let them know they're in your heart this Fourth of July. **BY** melanie abrahams

“Last winter I performed in Iraq and Afghanistan for a USO tour. I wasn't scared to go—I wanted to help break up the soldiers' routines and bring them a piece of home. Until I got there and met the troops, I had no idea how much it meant to them to know that people really care.”

—Carrie Underwood



desert idol
One soldier was so smitten, he asked Carrie to marry him!



make it **YOUR** mission



There are **146,000** Americans fighting in Iraq.

BRIDGE THE DISTANCE

When you give \$25 to the USO's Operation Phone Home campaign, a soldier will get 300 minutes' worth of time on a prepaid phone card to call their family back in the States. Go to uso.org to help.

MAKE VIRTUAL FRIENDS

E-mail service members to boost their morale. Go to emailourmilitary.com to be matched with a soldier who needs news and encouragement from the home front. They'll be thrilled to hear from you.



45% of soldiers are under age 30—many are just out of high school.

SEND COMFORT

Want to help but don't know anyone in the military? Go to operationmilitarypride.org to be matched with a soldier who could use a care package. Then send these items—and more!

- ✓ **lip balm** The desert air is dry. Send a few tubes of ChapStick so the soldier can pass them out.
- ✓ **sunblock** The troops are in the sun a lot and need protection.
- ✓ **instant mac & cheese** It's a taste of home that won't spoil or go stale in the mail!
- ✓ **basic t-shirts** When you're sweating and running in the desert, these wear out *really* fast.
- ✓ **tampons** Depending on where they're stationed, many female soldiers don't have access to feminine products—and they definitely need them.

WEB EXTRA
Find out even more ways you can help the troops at seventeen.com/troops.

A LETTER TO ME AT 17

to: nelly furtado, age 17

Even during her penny-pinching couch-surfing days as a teen, Nelly, 28, always knew she was destined to be a superstar! AS TOLD TO holly eagleson

on summer vacation in Portugal



age 16

Dear Nel,

You just graduated from high school and left home in Victoria, BC, to become a singer in Toronto. You have only \$100 to your name—so get used to eating pasta with tomato sauce. These are tough times, but you have to focus on the bigger picture: getting your own record deal. Though it's scary to live by yourself for the first time—and you know you probably shouldn't take the subway alone to clubs downtown to play open-mic nights—that fearlessness shows you can hold your own in the world. And working nine-to-five at that alarm company will prove to you that you're not meant for an office job. (But the fact that you used their copier to print your head shots is hilarious!)

Now this is important: Don't be discouraged if you don't get what you want on your first try. When you move home after a year because you miss your family, you still have to believe in your talent. So take those college creative-writing classes—they'll help your songwriting. And though you won't hear back about the song "Onde Estás" that you submitted for that radio contest, it will end up on one of your CDs later on! I admire the courage you have to make your dreams come true. You're building a beautiful work in progress: unique, ever-changing, and founded on new experiences... YOU!

xo, Me!

PS: Since you're sleeping on your sister's couch, spend the \$20 and get yourself a good pillow!



age 27

all good things
Since she released her debut in 2000, Nelly has sold around 15 million CDs worldwide.



My latest album is my biggest yet!



age 17
age 17

my senior prom glamour girl
Nelly designed her senior prom dress, which her aunt made for her.



age 15

my 10th-grade picture



age 17

age 22

good sport!
Nelly got those ripped arms back when she was on her high school's track-and-field team.

WEB EXTRA
Rate Nelly Furtado's fashion through the years at seventeen.com/nelly.

Discover who you are.

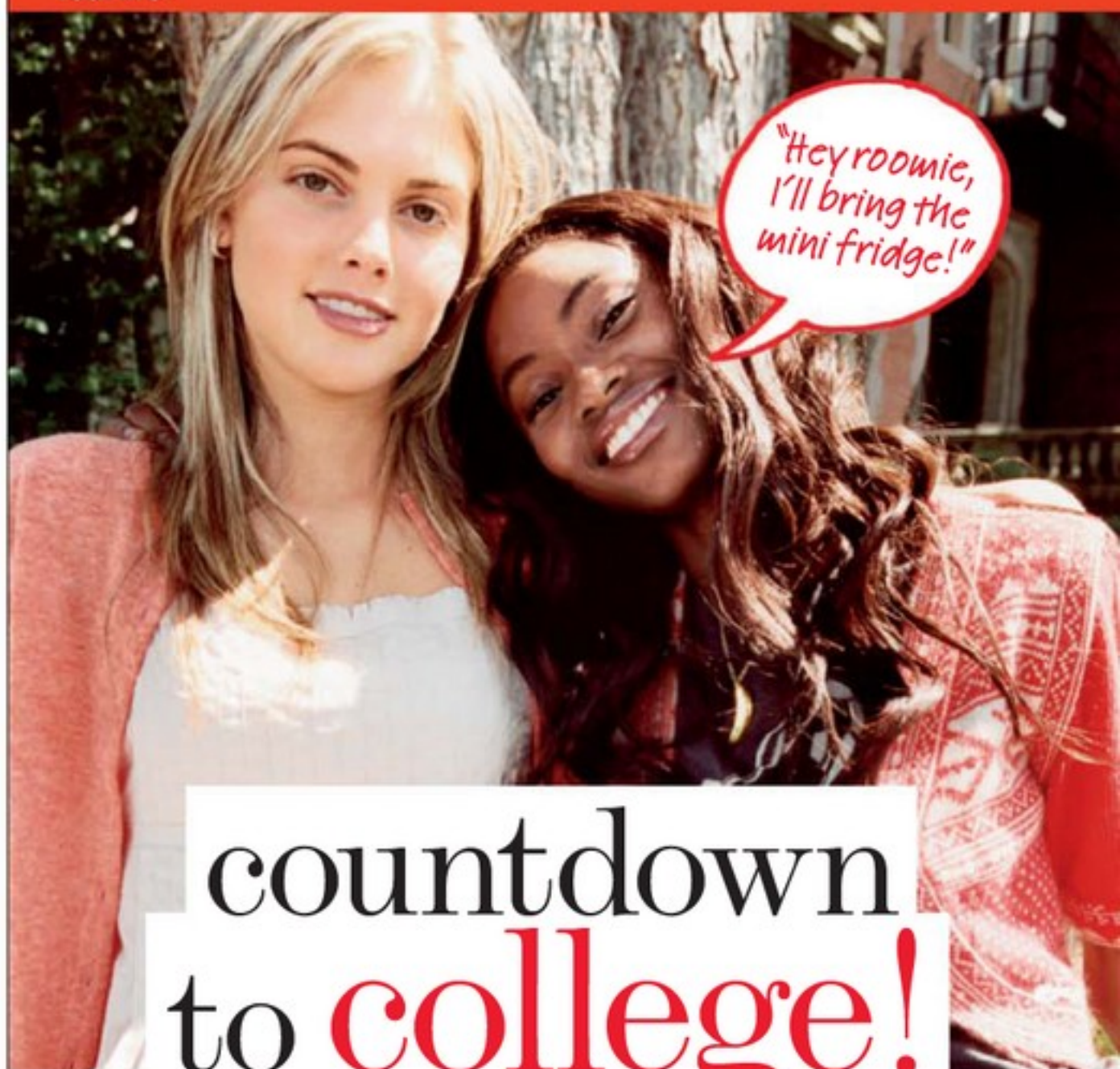


For her 16th birthday, instead of a car, Linnie receives a charm bracelet and a letter written by her late mother. But soon she realizes there's more to these gifts than meets the eye—Linnie will discover where she came from, who she is, and the person she wants to become.



www.randomhouse.com/teens

Available wherever books are sold



countdown to college!

Here's *everything* you need to do before you start your freshman year. **BY** melanie abrahams

1 Read your college newspaper online.

It will make you seem like the girl in the know during the first weeks of classes, so you'll score instant cred!

2 Invest in a dress.

Stick with a black shift (no cleavage!) that can look fancy enough for a job interview or casual enough for hanging out, depending on your accessories.

3 Have your mom teach you one microwave-friendly recipe.

After dorm food, you'll be craving something—anything!—homemade.



WEB EXTRA

Download a college packing list (and take it with you shopping) at seventeen.com/pack.

4 Set up a Yahoo! group account. Then ask all of your high school friends to join. It's a great way to stay in touch with everyone without having to e-mail each person individually.

5 Check out public transit. Find out whether or not it's worth it to have a car at your new school. Parking on some college campuses can be nearly impossible—or just really expensive!

6 Make up with anyone you're fighting with. You don't want to be dealing with drama back home while you're trying to make a fresh start in college, because that will hold you back from meeting new people.

7 Rethink your phone plan. Almost no one gets landline phones in college, so choose a smart cell plan that will meet all your needs.

8 Call your roommate. Figure out what each of you will be bringing. There's no need for you to have two microwaves or ironing boards—especially since space will be extremely tight.



TEXT & WIN!
Do you want to join a sorority when you get to college?

Use your cell phone to text your answer—"17U YES" or "17U NO"—to 83200 and you could win this hand-screened angel-wing bedding set from luxuryfablinens.com (worth \$285)!

Go to seventeen.com/freebies or page 116 for details. LOOK FOR THE RESULTS IN OUR SEPTEMBER ISSUE.

9 Get a fun summer job. Pick up as many work shifts as you can, because in college you'll need lots of cash to cover all those midnight study snacks, textbooks, and nights out.

10 Write a letter to yourself.

List the things you want to accomplish in college. Seal it in an envelope and reread it at the end of the semester to see how far you've come.



Jon McLaughlin



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RAMPAGE AT VIRGINIA TECH

SHOCK AND ANGER OVER VA. CARNAGE

are we ever safe? page 112

If the Virginia Tech killings have made you feel vulnerable, you're not alone. Here's how to cope—and protect yourself.

hookup handbook page 104

Your crush is leaning in for a kiss. Now what? With our tips, your moves will be just as good as Jessica Alba's!

jessica alba page 88

Jessica is such a sweetie, we dressed her in summer's prettiest candy colors.



seventeen our July inspirations



sisters page 94

The bond between sisters, like Lauren Conrad and Breanna (above), or Seventeen Editor-in-Chief Ann and her sis, Abbie (right), is unlike any other. We asked author Danielle Steel to put that feeling into words.



mix it up page 96

Prints are so hot now. (This is a look from Patrick Robinson's line for Target!) We'll show you how to get it right.



SMALL TOWN GIRL. BIG TIME ADVENTURE.



american girl page 108

Fashion is no mystery to Nancy Drew star Emma Roberts! (PS: Did you know that Julia Roberts is her aunt?)



Look 16



ON JESSICA: Jacket,
American Apparel;
swimsuit, Christina
Liquori Swim; shorts,
D&G; brown bangle,
R.J. Graziano; gold
bangles, all A.V. Max;
amber bracelet,
Angélique de Paris.

JESSICA ALBA

By Jen Furmaniak
Photographs by Cliff Watts

See that big smile on Jessica's face?
Turn the page to find out what's
making her so happy.



ON JESSICA: Cardigan,
Inhabit; bikini, Christina
Liquori Swim.



Jessica Alba knows exactly what she wants—and how to get it—from her movie career all the way down to her nails. Chatting at one of Jessica's favorite nail salons, Paint Shop Beverly Hills, the style trendsetter mixed things up with a funky reverse French pedicure (with mauve tips!). And she's just as adventurous when it comes to her movie roles. Always wanting to challenge herself, Jessica, 26, tries on new characters like the rest of us try on outfits. One minute, she's a bikini-clad babe (*Into the Blue*); the next, a superhero (*Fantastic Four*); and then a clumsy girl who gets to kiss Dane Cook (in August's *Good Luck Chuck*).

This summer, you can see her reprise her role as Sue Storm—aka the Invisible Woman—in *Fantastic Four: Rise of the Silver Surfer*. Though Jessica loves playing such a cool and intelligent character, she wasn't so psyched about getting back into the superhero wardrobe. "Throw on an entire bodysuit of spandex and tell me how great *you* feel!" she says with a laugh, sinking into her oversize pedicure chair. "I felt like a total nerd!"

Jess is great on the big screen, but the role she is loving the most right now is just being herself. For the first time in her life, the hardworking overachiever is cutting herself some slack. She says that her new mantra is "Stress less. Enjoy the moment more," which includes spending romantic couple time with her producer boyfriend, Cash Warren, cooking, playing with her two dogs—and getting relaxing pedicures (like today). As her legs were massaged and her stress melted away, Jessica got increasingly chattier (yay!), blabbing

about everything from her on-and offscreen kisses to her famous body and her inner geek.

17: You wanted to do the interview while getting our nails done. You're such a girly girl.

Jessica Alba: Yeah, but I've always been sort of a combo because I'm also a tomboy. I dyed my hair and got a perm when I was 8, did my nails, and hung out with girls and played dress-up. But I'd also go outside and play football and baseball. Now I love sports, hanging out with my dad, playing golf, and all that. But it's one thing to be a guy's girl and another

thing to be looked at as a "sexy girl." It's a funny thing. Hopefully I'll be able to find some kind of balance in it all.

17: Well, you're back as Sue Storm in the *Fantastic Four* sequel, and she's smart, strong, and sexy. So how did you like playing her?

JA: I actually started wanting to do movies when I was little because it felt like all the cool heroes I looked up to were always men. The men saved the day and the women were just the damsels in distress. I wanted to be the superhero. I didn't want the superhero to come save me!

17: But you're not opposed to making out with one! You've locked lips with some pretty hot guys on-screen, including Ioan

Gruffudd in *Fantastic Four*, Paul Walker in *Into the Blue*, Dane Cook in *Good Luck Chuck*, and Hayden Christensen in the upcoming thriller *Awake*. So who's the best kisser?

JA: Gosh, they're all good. I haven't had a bad kiss since I was 12 years old and had to kiss this guy who was gross and never brushed his teeth. Then at 14, ➡



ON JESSICA: Top, Chalken; bikini, Diesel; silver bangle and gold chain-link bracelet, both Jessica Elliot; gold bangle, clear bangle, and brown bangle, all R.J. Graziano; amber bangle, Angélique de Paris.

I had to kiss a guy who was 32 or 33, and I was like, Ewww! I didn't want to do it.

17: How does your boyfriend, Cash, rank?

JA: My boyfriend is the best kisser in the world. That's real! You should be in a relationship with someone you feel is a good kisser—it's important.

17: You two have been together for three years, but you got engaged when you were 19 to your *Dark Angel* costar, Michael Weatherly. What have you learned about serious relationships?

JA: I've learned that if you're not going to change as a person, you're going to be unfulfilled later in life. You're going to be different at 18 than you are at 25. So if you make a decision to be in a relationship, it has to be conducive with you developing as a person instead of staying sort of paralyzed. You have to allow yourself to grow. The most beautiful thing to me is when you find someone you can truly grow with.

17: So how do you think you've grown over the years?

JA: I'm now at a place where I don't think I have to prove things to people all the time, and I don't have to be such a ballbuster. I was in such a "work mode" for so much of my life that I just didn't enjoy the moments. So I'm trying to live in the moment and not always be so careful with everything and not think about the results of every single decision I make. It hurts your brain! It hurts your soul too.

17: So what do you do with your personal time?

JA: I'm so not cool. I used to feel like a reject, like I didn't belong in Hollywood because I wasn't

a cool kid and I didn't go out to the hottest clubs. But now I embrace the fact that I'm not cool. Not everyone can be. I just like going on dates, seeing movies, or staying at home and running a bath or listening to music. I also like having people over and cooking for them. There's something about putting love into your food and having people enjoy it. The only problem is it takes me like four hours to cook a meal. I like cooking lamb, fish, and steaks. And I really want to learn how to make a good chicken potpie.

17: Do you feel any pressure to watch what you eat and stay thin?

JA: I used to be crazy, taking protein powders and eating high-protein, low-carb stuff—all that crap—but that was when I was training for *Dark Angel* and I had to keep a certain amount of muscle on. I don't have to anymore. Now I can have flabby arms and legs and it doesn't matter! But I run a little, bike a little, lift some weights—I really just do it for myself, though. And I still drink coffee and eat dessert. I think everything in moderation is cool.

17: So what's your guilty pleasure?

JA: I love shopping at Target. I've spent many hours there in bliss. You can buy everything—all the cooking appliances you could ever want, the cute clothes . . . and the list goes on. At the Target in Albuquerque, New Mexico [where she filmed the upcoming horror flick *The Eye*], you can buy groceries there too. So you can get ice cream sandwiches and nail polish at the same store. That's the American dream! **17**

ON JESSICA: Top, Polec; skirt; Diane Von Furstenberg; necklace, Gara Danielle; gold bangle and blackened gold bangle, both Jessica Elliot; brown bangle and white bangle, both R.J. Graziano.



Fashion Stylist: Beau Quillian for UtopiaNYC
Hair: Robert Ramos for Redken/Celestineagency.com
Makeup: Monika Blunder for The Wall Group
Manicure: Jenna Hipp for Essie and NuBar/Celestineagency.com

THROUGH THE HAIRS

Blonde, brunette, short, long, curly, straight, up, down—Jessica's done it all! The stylish star divulges her hairdo do's and don'ts.

AUGUST 2006

LONG CURLS

"This is a weave. By the way, all actresses have weaves! This look was a bit much for me—too glam."



APRIL 2006

PULLED BACK

"That's what I look like with no weave, and it probably took only two seconds to do my hair that day."



MAY 2005

SASSY

"I actually really liked my hair short and that honey-blond color. But I don't think I look like me."



OCTOBER 2006

BANGS

"I don't know why I wanted bangs, but I did. I cut them myself—then my hairdresser had to fix them!"



MARCH 2005

SEXY

"Oh, I hated that. My hairdresser was having a Marilyn Monroe moment. I felt like such a cheeseball!"



JANUARY 2007

DARK

"I prefer brown hair. Dying it takes forever, and I'd rather spend that time with people I love than at the freaking salon."



MARCH 2006

UPDO

"This is more me: elegant and simple. My hairdresser curled my hair and just tied it up into a bun-y thing."

APRIL 2005

BLONDE

"When I was this blonde, I definitely felt uglier, like I really needed makeup to pull off that hair color."



JUNE 2006

FLIPPED

"That's actually a very easy hairdo. It was just blown out with a round brush. It's a good look for events."







sisters



One minute, she can be your best friend. The next, she's your worst enemy. World-famous author **Danielle Steel** explains why, even when she annoys you, no one can love you quite as much as your sister.



I am honored to write on this subject, because I think sisters are so important. I am an only child but the mother of nine children, and I have had the joy of watching my children love each other. I have five daughters, and I have always stressed to my kids that the most important relationship they have is with each other.

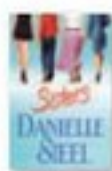
Their love, friendship, and support will outlive me and their boyfriends, marriages, and even other friends. Sisterhood (even if it means best girlfriends) is vitally important. And sure, they sometimes make you mad and forget to give back the skirt they borrowed, but hopefully they'll always be there for you when the chips are down. The sisterhood between blood sisters or sisterlike friends is a sacred bond. They will (or at least should) love you, forgive you, and support you even when they think (and you know) you've done something terribly stupid.

Being able to forgive each other is vitally important to this bond. You need to be honest and have integrity and mutual respect—even when that's hard. (Like not stealing each other's boyfriends! My girls have a pact about that, which has served them well. Ex-boyfriends and even past dates are off-limits.) Everything you can do to help a sister will come back to you a *thousandfold*.

Sometimes we are related to people we don't like or understand, with whom we have nothing in common. Or you may be an only child. In that case, you choose special friends who become your sisters. They are the best friends you take to your heart. If you choose well, they will be your friends for life. They can carry you through tough times, and you will do the same for them. My best women friends are the sisters I never had. And I got to choose them! Even the sisters who drive you crazy when you're young will turn out to be your best friends in the end. Sisters are forever.

xoxo

Danielle Steel



One of the most popular novelists of all time, Danielle Steel wrote her first book at 19 and has published 69 best-sellers. Steel's *Sisters*, a story about what happens when four very different siblings rent a house together in New York, is on shelves now. To read an excerpt, go to seventeen.com/sisters! Her next book, *Bungalow 2*, is out on June 26.

The letters M, I, and K are rendered in a large, serif font. The letter M is filled with a red and white pattern of irregular spots and blotches. The letter I is filled with a black and white pattern of irregular, flowing shapes. The letter K is filled with a yellow and black pattern of irregular, flowing shapes, similar to the one on the letter I but with a different color palette.

There are so
many cute summer
prints, you'll want to
wear them all.
Well, here's how!

The letters T and T are rendered in a large, serif font. The first T is filled with a brown and white pattern of irregular, flowing shapes. The second T is filled with a blue and white pattern of small, regular dots.The letters U and P are rendered in a large, serif font. The letter U is filled with a green and white pattern of vertical stripes. The letter P is filled with a blue and white pattern of horizontal stripes.

PHOTOGRAPHS BY JONATHAN MILLER

blouse

Sizes S-L, Forever 21,
\$20, Forever 21 stores.

shorts

Sizes S-L, Blue Plate, \$34,
blueplatefashion.com.

necklace

Forever 21, \$5,
forever21.com and
Forever 21 stores.

belt

Sizes S-XL, Forever 21,
\$9, Forever 21 stores and
forever21.com.



17 TIP:

Two pieces in different
colors and fabrics
can work if they have
a similar motif, like
a tiny paisley floral.

17 TIP:

Neutral prints look even *better* with an unexpected color pop, like a bold polka-dot scarf.

dress

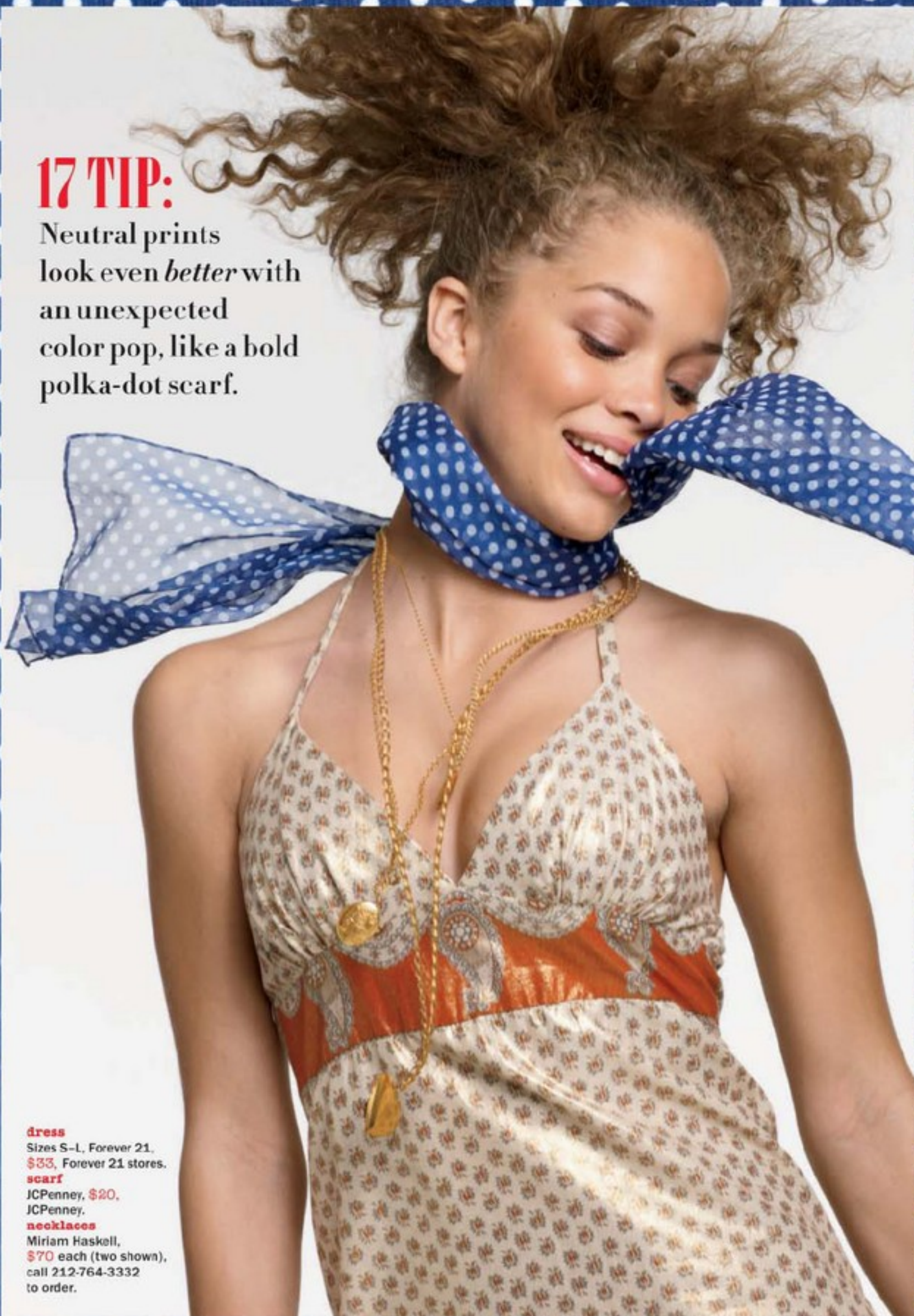
Sizes S-L, Forever 21,
\$33, Forever 21 stores.

scarf

JCPenney, \$20,
JCPenney.

necklaces

Miriam Haskell,
\$70 each (two shown),
call 212-764-3332
to order.



dress

Sizes XS-XL, Patrick Robinson for Target, \$35, target.com.

earrings

Icing, \$7, Icing stores.

bag

Patch NYC, \$84, patchnyc.com.

shoes

Sizes 6-11, Charles Albert, \$20, shlekhshoes.com.



17 TIP:

Nervous about mixing it up *too* much? Cheat: Add a smidgen of print with your purse.

17 TIP:

Clash-y designs, like florals and plaids, can look great together when they share common colors.



top

Sizes S-L, Zinc, \$69,
Fred Segal Fun boutiques
and fredsegalfun.com.

bikini top

(underneath top), sizes
XS-XL, Luli Fama, \$58,
lulifama.com.

head scarf

Marc by Marc Jacobs,
\$58, Marc Jacobs
boutiques.



17 TIP:

Two floral pieces balance each other best when one pattern is big and bold and the other is tiny and soft.

shirt

Sizes XS–XL, Loyal Army, \$28, Macy's and dellas.com.

tank

(underneath), sizes XS–XL, Aéropostale, \$17, Aéropostale stores.

skirt

Sizes XS–XL, Rexy, \$30, Quiksilver/Rexy stores.

earrings

Capelli New York, \$10, 800-789-9091.

cardigan

Sizes S–XL, Glimmer
by J.J. Basics, \$32,
select Macy's.

tank

Sizes S–L, Pulcini,
\$24, shopkitson.com.

skirt

Sizes S–XL, Fire, \$22,
Buckle stores.

belt

Sizes S/M and M/L,
Urban Outfitters, \$24,
Urban Outfitters stores.

bracelets

Brown-bead bracelet,
Forever 21, \$3,

Forever 21 stores and
forever21.com;

Lucite-bead bracelet,
M. Haskell, \$22,
select Macy's.

17 TIP:

When in doubt, work
with black—it's a color
that perfectly unifies
two prints. A solid
cardigan ties the whole
look together.



Fashion Stylist: Lara Backmender. Hair: Kevin Woon for Woon NYC. Makeup: Kelko Hiramoto.

READ THE FINE PRINT

Not ready for head-to-toe mixing? Here are a few little ways to add a touch of pattern to your look.



bag
Old Navy, \$13,
select Old Navy stores
and oldnavy.com



eyeshadow
Yves Saint Laurent Sun Line Palette
Mauresque for the Eyes, \$57,
department stores



scarf
Banana
Republic,
\$38,
select Banana
Republic
stores



earrings
Claire's, \$6, Claire's stores
and claires.com



candle
Thymes
Indigenous
Neroli
Blossum
Poured
Candle, \$25,
thymes.com



wedges
Sizes 5½-10, Volatile,
\$42, lulusfashionlounge.com



bracelet
Mixit by
JCPenney,
\$18,
JCPenney



fragrance
Dior Addict 2 Summer
Peonies, \$50 for 3.4 oz.,
department stores

41%

of you said when you
hook up with a guy, it's
someone you hope
you'll get together with.
(But you know
it's not a given!)

seventeen's

hookup handbook

You asked for it: Here's how to have fun summer flings
(without being slutty)! BY JESSICA BLATT

if relationships are like roller coasters, then hooking up is the part of the ride when you're slowly inching up the incline, just before the free fall. Your heart is pounding so hard—and fast—that it feels like it's going to jump out of your chest. And you've got so much adrenaline running through you that you have a natural buzz that keeps you from wiping that goofy grin off your face for days on end.

With all that overwhelming “new guy” excitement, you can't possibly concentrate on anything but *him*: You analyze his IMs, plan exactly what you'll say the next time you see him, and once you finally kiss him—wow!—you replay that magical moment over and over in your mind until there's literally no room in your brain for anything else!

Part of the thrill is that you have no idea what to expect next. (A juicy text message? A three-hour conversation? A full-blown relationship?!) So before you set out on your next wild-and-crazy ride, buckle up, and take a peek at these hookup tips and tricks we scored for you. Then close your eyes, throw your hands in the air, and repeat after us: *Whee!*

17 READER TIP

“Ask him, ‘Do you have a brother named John?’ He'll say no—but start talking to you, and if he finds out you made it up, he'll think it's cute!”

—NATALIE, 18, TORRANCE, CA



Follow his lead
If he sits this close to you, he's obviously trying to tell you something. Go for it!

SPEAK HIS (BODY) LANGUAGE

All you have to do is pay close attention to his moves, and you'll know *exactly* what to do.

IF HE: Leans in close to you

THEN YOU: Lean in closer and look him in the eye. It will tell him you're interested—without you even having to say a word.

IF HE: Puts his arm around you

THEN YOU: Put your head on his shoulder; he'll know you're into him, but that you're not going to throw yourself at him at the first sign of physical affection!

IF HE: Feeds you a corny line

THEN YOU: Call him out on it—playfully. (He may just be nervous; give a guy a break!)

IF HE: Doesn't pay attention to you

THEN YOU: Walk away and chat up someone else; if he comes to find you later, it's good news.

IF HE: Goes in for the kiss

THEN YOU: Lean in, close your eyes, and enjoy every steamy minute of it. (Ready for advanced moves? Touch his face, shoulder, or back while you're kissing.)



HOW TO SPOT A PLAYER



listen and learn
If a guy refers to himself in the third person (like Spencer often does), run! He's way too into himself.

He's super-smooth but guaranteed to break your heart. Here are the telltale signs that he's Mr. Wrong.

- **The gaze.** When no one else is around, a skilled player like *The Hills'* Spencer Pratt (left) may look you in the eyes as if you're the only girl to walk the face of the earth. But in a crowd he is always scanning the room for his next conquest.
- **The gimmick.** Having two cell phones. "The homeboy phone" + "the girlfriend phone" = one sketchy calling plan.
- **The schedule.** Players don't work around yours—they expect you to be available when it works for *them* (even at a moment's notice).
- **The entourage.** That guy in the corner of a party with a gaggle of girls around him? 'Nuff said!

COULD YOU BE A PLAYER!?

You might be surprised! Answer these questions to find out.

- ☐ "I never commit to a date more than a few hours in advance."
- ☐ "I've hooked up with my ex's best friend..."
- ☐ "...and his brother."
- ☐ "I never text a guy back right away—I play hard to get."
- ☐ "I sometimes give guys the wrong number—on purpose."
- ☐ "I have guys' numbers in my cell that I haven't called in over three months."

SEVENTEEN Rx: Check more than two boxes? If yes, it could be time for you to focus more on *you* than your game.

IS IT OKAY TO KISS A GUY you don't intend to date?

19% **34%** **47%**

Sure, it's fun! Kissing isn't a commitment.

No, it's skanky and/or mean to the guy.

Only if you both have the same expectations.

SEVENTEEN.COM POLL



"It's totally okay to kiss a guy with no intentions of dating him—it's just fun. If the chemistry is there, go for it!"

—KIARA, 18, GRAND RAPIDS, MI

17 READER TIP

“Two words: *dance moves*. If you've got what it takes to rock it on the dance floor, then you've got what it takes to lure him!”

—JACLYN, 17, MIAMI, FL

17 READER TIP

“Watch a scary movie with a guy—when a very scary part happens, you'll end up cuddling, then kissing, then making out!”

—TIFFANY, 17, CHICO, CA

FRIENDS WITH BENEFITS: fun or trouble?

38% It's no big deal. **62%** It's total drama.

SEVENTEEN.COM POLL



"I had a friend with benefits. We watched football like friends, then hooked up after the game. It was great!"

—BRIDGET, 20, CHATHAM, NJ



"I had a friend with benefits—we made out, but at school we ignored each other! Now it's awkward and weird."

—ARENA, 15, WICHITA, KS



fun in the sun
A good hookup
can make you
totally glow!

THE DAY AFTER

Don't want to appear clingy or desperate post-hookup? Then you better follow these rules!

DO

DON'T

On calling him:

Do call him only if he said, "Call me."

Don't freak out if he doesn't call the next day—lots of guys think they're not "supposed to."

On running into him:

Do act natural.

Don't pretend you don't see him!

On kissing-and-telling:

Do consider how you'd feel if he were blabbing to his pals.

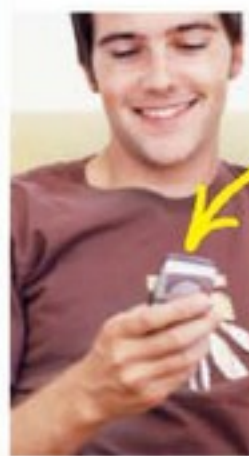
Don't spill anything you wouldn't want him to reveal to anyone else.

On rumors:

Do ask him about it—often gossip is started by other people, not the guy himself.

Don't fuel the fire—the quickest way to get people to lose interest in gossip is to ignore it.

JERK ALERT!



Sketchy guys will do anything to get with you! Their latest ploy? **Booty grazing**—when a guy sends a generic flirty text to lots of girls at once to see who's up for a makeout session. Each girl gets excited, thinking she's the only one getting it. Meanwhile he's seeing who texts him back so he can weigh his options. Don't fall for it!

OOPS!

THIS WOMAN'S STORY



DECEMBER 18, 2006

Ever told someone about a secret hookup and then suddenly *everyone* knew about it? College student **Laura Mallory Lane** had that happen last year on a *major* scale! She spent the night partying with **Vince Vaughn** in Budapest, then e-mailed a few of her friends (see below) to brag about it—and she ended up in an embarrassing tabloid scandal. So learn from her mistake. Save the juicy makeout details for your diary!

From: Lane, Laura

Sent: Mon 11/27/2006 10:30 A.M.

Subject: **I shacked with Vince Vaughn**

... next thing I know it was me and Vince Vaughn alone in the hotel room. For a while we just had a drink and talked some more (and yes, we talked about Jen [Aniston]) and one thing led to another and obviously we were messing around before too long. We didn't have sex, but it was just as good :) Afterward we just laid in his gigantic beautiful bed with satin sheets, smoking cigarettes [sic] and talking about life. He had a gorgeous view of the river and Buda Castle from his window, and we watched the sunrise. I felt like I was in a movie. We didn't ever go to sleep and in the morning he walked me out and kissed me goodbye in front of everyone and was so sweet.



american GIRL

Emma Roberts may have star-spangled roots (we love her aunt, Julia Roberts!), but she's still one of the hardest-working "it girls" around.

it's hard not to roll your eyes when Emma Roberts says her life is "pretty normal—sometimes boring." Seriously, she was in a movie with Johnny Depp when she was 9; is practically BFF with her *Aquamarine* costar JoJo; has a hit show on Nickelodeon, *Unfabulous*; and has scored the lead in this summer's big-screen version of *Nancy Drew*. Though you may think fame came easy to Emma, 16, it's her ambition and drive that have gotten her this far. In fact, she plans to turn her love of fashion ("I'm a big Marc Jacobs girl!") into her next career move. "I want to go to NYU to study photography and fashion," she says. Emma even considers herself a style psychic: "The color teal—I guarantee you it's gonna become the next new thing." Well, even if teal never really hits it big, one thing's for sure: Emma already has.

For more on Emma, go to seventeen.com/emma.

By Melanie Abrahams

Photographs by Myers Robertson

top

Sizes S–XL, Voce, \$11, Rainbow stores.

shirt

(undereath), sizes XXS–L, Kenzie Girl, \$28, Nordstrom.

shorts

Sizes 25–32, Anoname Jeans, \$59, Macy's.

sunglasses

(tucked in her shirt), Marc by Marc Jacobs, \$90, Solstice Sunglass boutiques.

belt

Sizes S–XL, Forever 21, \$11, Forever 21 stores and forever21.com.

shoes

Sizes 6–11, Charles Albert, \$39, lovemyshoes.com.



**“I’m kind of nosy.
I want to know
what’s going on!”**

hoodie
Sizes XXS–XXL,
American Eagle Outfitters,
\$30, ae.com.
necklaces
“Love” necklace, K + K
Creative for Wet Seal,
\$6, Wet Seal stores and
wetseal.com; cherry
necklace, K + K Creative,
\$5, 5·7·9 stores; long gold
necklace, K + K Creative for
Claire’s, \$10, Claire’s stores
and claires.com.



top
Sizes S-L, Forever 21,
\$25, Forever 21 stores.
multistrand necklace
Julcy Couture, \$258,
Julcy Couture boutiques
and julycouture.com.



"I had celeb crushes. Then I met them and was like, I don't have a crush anymore."

cardigan

Sizes XS-L, The Limited, \$40, The Limited stores.

tank

(underneath), sizes S-L, Arizona by JCPenney, \$12, jcp.com.

shorts

Sizes 1-13, Hot Kiss, \$44, hotkiss.com.

hat

August Accessories, \$20, Bloomingdale's and select Macy's.

shoes

Sizes 6-11, Moschino Cheap and Chic, \$195, zappos.com.

Fashion Stylist: Mimi Lombardo
Hair: Robert Lyon for Kérastase
Makeup: Gita Bass for NARS
Manicure: Elle for Artistsbytimothypriano.com

under attack
Due to threats of copycat killings, high school and college campuses in nine states were locked down or evacuated in the aftermath.



ARE WE EVER **SAFE?**

As the Virginia Tech shootings showed us, senseless violence can happen anytime, anywhere. But that doesn't mean you have to live in fear. BY ELIZABETH KUSTER



Date: Mon, 16 Apr 2007 09:50:07
From: Unirel@vt.edu
Subject: PLease stay put

A gunman is loose on campus.
Stay in buildings until
further notice. Stay away from
all windows.

After 32 innocent people were killed and 15 were injured at Virginia Tech in April, *Seventeen* received a flood of e-mails from shaken readers (see page 115). Some of you had friends at Virginia Tech or had a scare at your own school when bomb threats or "hit lists" surfaced. Others could simply relate: The students killed were just regular kids living regular lives—just like you. That morning they got up, brushed their teeth, thought about what to wear, and did a little last-minute cramming before they went to class. And then *suddenly* all the mundane details of their lives—the ones we all obsess over—didn't matter, because they were in grave danger.

You probably realized that if those kids could be in jeopardy, you could be too, and you may have felt fear

and helplessness on top of the profound sadness for those whose lives were so cruelly cut short. Even now, two months later, you may still be caught in a whirlpool of emotions and have no idea if it will ever get better. And when you do have a moment of normalcy, laughing or flirting, you may feel somehow guilty or disrespectful of the people who died, because you know they'll never have a chance to do those things again.

That's hard to deal with. But one good thing to come out of such tragedies: the instant and unbreakable bond you form with someone else who feels the same exact mix of emotions. A day at a time, we'll get through this together. Turn the page to see how. ➡



mass mourning

Erin Peterson, the former captain of Westfield High School's basketball team, had hundreds of people come to say goodbye at her April 24 funeral.

"I'm going through so many emotions, it's hard to explain how I feel."

"I'M STILL IN A DAZE"



Virginia Tech junior Marina Avelar, 20, tells how painful it's been for her to lose her friend Erin Peterson, 18 (far left), in the April 16 shooting. After a flood of emotions, it's just now starting to sink in for her.

“I feel so alone right now. I want to **grieve** more, and everyone else wants to have fun. They're basically trying to **forget** what happened. All of my Facebook messages are like, 'I'm happy you're okay.' And I'm like, 'Thanks.' I thank God that I'm **alive**, but my life has just **changed** drastically, and I'm really *not* okay. I feel **sad**. I'm in a daze and daydreaming the whole time and can't concentrate. But at Erin's funeral, I knew she wouldn't have wanted us to **cry** (though I did), because if you were sad, she was the kind of person who would do things to make you smile. Her funeral gave me a bit of **closure**: Yes, Erin really is gone, but we're celebrating her *life*.**”**

HOW TO COPE

The pain, the sadness, the tears—during times like these, we're all grieving. Here are a few ways to deal with your grief.

- **don't rush it** You may feel overwhelmed by emotions, or you could be numb for months, then be hit with a landslide of feelings just as everyone else is moving on. Take your time: Each person handles fear and loss differently.
- **talk to someone** Once you're ready to open up about your feelings, speaking to a trusted

adult—or just a friend who's a good listener—is key. You need to get out your fears and frustrations, because holding in all of those emotions can overwhelm you.

- **fight the fear** For the first year or more after a tragedy, hearing the sound of a backfiring car or seeing someone run down a hallway out of the corner of your eye may trigger horrific memories. This can cause you to feel anxious, exhausted, or angry for no apparent reason. If these feelings persist, seek out the help of a professional.



comfort a friend Be there to listen to your pals. Just don't pressure them to open up before they feel ready.

In
81%

of school shootings, the shooter told people what he'd planned to do, yet no one reported it. So if someone confides in you, speak up.

PROTECT YOURSELF

Just being prepared for an unexpected (and unlikely) attack can make you feel safer.

- ✓ **hide** Go into a classroom, lock the door (if there's no lock, double doors can be held together by wrapping a leather belt around the handles), turn off the lights, and find a spot that isn't visible from any window.
- ✓ **don't freeze** If the attacker is in the room, it's important to keep your wits and not mentally or physically freeze up. You need to be alert to make the safest choice—to run, to hide, or to overtake him as a group.
- ✓ **limit your cell phone use** After 911 is called, do not phone family until authorities say you can. Otherwise, you could be clogging cell reception that emergency teams need to help ensure everyone's safety.



tell someone
If more had been done to get Cho Seung-hui some psychological help, 33 people might still be alive.

STOP A DANGEROUS PERSON

In most cases (like with Cho), these warning signs occur *before* a person actually hurts someone. So if you notice a combination of these in a classmate, alert an adult—you could be saving lives.

- **a loner** Most school shooters sit alone at lunch, don't talk much, or don't seem to have any friends.
- **a target of bullies** Three-fourths of school shooters say they did it because they were sick and tired of being bullied.
- **obsessed with violence** Shooters often cruelly abuse animals, ritually draw doodles of guns or bloody explosions in their notebook, and are way more fascinated with violent Web sites, video games, or movies than your average guy.
- **makes threats** They usually describe in graphic detail, either verbally or in writing, how they're going to hurt a large number of people.

what you think: do you feel safe?



I DON'T FEEL SAFE!

"No one can ever be 100 percent safe because anything can happen at any time. But I knew a girl who was killed at Virginia Tech, and now I feel even less safe—like anyone can come to school with a gun."

—GERALDINE, 16, ANNANDALE, VA



I'M SCARED!

"I'm afraid that [something violent] could happen at my school. We evacuated our campus because of a bomb threat. Luckily it was a false alarm, but I feel much less safe at school now."

—MARIE, 16, ORLANDO, FL



DON'T LIVE IN FEAR!

"School shootings are scary, but how often do they really happen? You can't spend every minute of your life worrying about what ifs, or you'll drive yourself crazy. You need to live—and enjoy—life."

—CHELSEA, 18, ORANGE, CT

Read more letters from girls at seventeen.com/schoolsafety.

Sweepstakes Rules

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Odds of winning will depend upon the total number of eligible entries received. Must be between the ages of 13 and 29 and a legal resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law.

HOW TO ENTER COVERGIRL LIP GLOSS SWEEPSTAKES (page 3): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, June 5, 2007, through 11:59 P.M. ET, July 9, 2007. Ten thousand (10,000) winners will receive one (1) CoverGirl WetSlicks Fruit Spritzers Lip Gloss (approximate retail value: \$6) while supplies last. Total approximate value of entire prize package: \$60,000. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER DAILY FREEBIES (page 6): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, July 1, 2007, through 11:59 P.M. ET, July 31, 2007. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE TEEN READER FEEDBACK SWEEPSTAKES (page 16): Complete and submit the online entry form at survey.seventeen.com beginning at midnight ET, January 5, 2007, through 11:59 P.M. ET, December 30, 2007. One (1) winner will receive \$500, and ten (10) winners will receive \$100. Total approximate retail value of entire prize package: \$1,500. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE JCPENNEY CHIP & PEPPER SWEEPSTAKES (page 20): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, June 5, 2007, through 11:59 P.M. ET, July 9, 2007. One (1) winner will receive one (1) three-day/two-night trip for two to Los Angeles, CA, and will receive a \$500 shopping trip at JCPenney and \$150 per diem (for daily expenses, such as food). Transportation and hotel are included. Total approximate retail value of entire prize package: \$4,000. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE 2007 TEEN CHOICE AWARDS TICKET SWEEPSTAKES (page 65): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, June 5, 2007, through 11:59 P.M. ET, July 9, 2007. One (1) winner will receive two (2) tickets to the 2007 Teen Choice Awards and awards after-party (approximate retail value: \$0). Transportation to and from event and hotel not included. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE AUDITION GIFT CARD SWEEPSTAKES (page 65): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, June 5, 2007, through 11:59 P.M. ET, July 9, 2007. Seventeen (17) winners will receive one (1) \$25 Audition gift card, courtesy of Nexon America (approximate retail value: \$25 each). Seventeen (17) winners will receive one (1) \$10 Audition gift card, courtesy of Nexon America (approximate retail value: \$10 each). Total approximate retail value of entire prize package: \$595. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE SINGSTAR POP AND HAIRSPRAY OTTOMAN SWEEPSTAKES (page 65): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET,

June 5, 2007, through 11:59 P.M. ET, July 9, 2007. Five (5) winners will receive one (1) SingStar Pop for PlayStation 2 game (approximate retail value: \$50 each) and one (1) Hairspray ottoman (approximate retail value: \$40 each; total approximate retail value of entire prize package: \$450). Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE JON McLAUGHLIN TICKET SWEEPSTAKES (page 65): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, June 5, 2007, through 11:59 P.M. ET, July 9, 2007. Four (4) winners will receive two (2) tickets to a Jon McLaughlin concert (approximate retail value: \$40 per set of tickets; total approximate retail value: \$160). Transportation to and from event not included. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE LICENSE TO WED SWEEPSTAKES (page 65): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, June 5, 2007, through 11:59 P.M. ET, July 9, 2007. One (1) winner will receive a private screening of *License to Wed* on a Monday through Thursday basis for her and up to 50 friends at a local movie theater of Warner Bros. Pictures' choice (approximate retail value: \$400). Transportation to and from event, concessions, and parking (if applicable) not included. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE 2007 US OPEN TICKET SWEEPSTAKES (page 65): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, June 5, 2007, through 11:59 P.M. ET, July 9, 2007. Two (2) winners will receive two (2) tickets to the 2007 US Open (one pair for Monday, August 27, 2007, and one pair for Friday, August 31, 2007). Approximate retail value: \$480. Transportation to and from event and hotel not included. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE REEBOK WORKOUT WEAR SWEEPSTAKES (page 71): Sign up for the New Body, New You plan at seventeen.com/challenge to enter beginning at midnight ET, June 5, 2007, through 11:59 P.M. ET, July 9, 2007. One (1) winner will receive one (1) pair of pants (approximate retail value: \$70) and one (1) jacket (approximate retail value: \$70). Total approximate retail value of entire prize package: \$140. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE TEXT & WIN SWEEPSTAKES (page 85): Send a text message to number 83200 from your text messaging-capable wireless device with one of the following votes: "17U YES" or "17U NO" from midnight ET, June 5, 2007, through 11:59 P.M. ET, July 9, 2007. Once you vote, you will receive a text message confirmation on your text messaging-capable wireless device and will be entered in the sweepstakes. Vote as many times as you like, but you will be entered in the sweepstakes only once. One (1) winner will receive one (1) hand-screened angel-wing bedding set from luxurylinens.com (approximate retail value: \$285). Entrants will be charged for sending, receiving, and responding to SMS according to their carriers' rate plan(s). If you prefer, send your vote on a 3½" x 5" postcard, along with your name, telephone number, and the issue's month to *Seventeen*, P.O. Box 1707, Sandusky, OH 44871-1707. Mail entries must be postmarked by July 9, 2007, and received by July 13, 2007. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE SOUTHPOLE COVER LOOK SWEEPSTAKES (ANTM section, page 3): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET,

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ON SALE

July 10

June 5, 2007, through 11:59 P.M. ET, July 9, 2007. One hundred (100) winners will receive one (1) Southpole hoodie (approximate retail value: \$38 each). Total approximate retail value of entire prize package: \$3,800. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE COVERGIRL COVER LOOK SWEEPSTAKES (ANTM section, page 3): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, June 5, 2007, through 11:59 P.M. ET, July 9, 2007. Fifty (50) winners will receive one (1) CoverGirl TruBlend Whipped Foundation in Classic Tan (approximate retail value: \$8), one (1) CoverGirl Eye Enhancers 1-Kit Shadow in Mink (approximate retail value: \$3), one (1) CoverGirl VolumeExact Mascara in Black (approximate retail value: \$8), and one (1) CoverGirl TruShine Lip Color in Watermelon Shine (approximate retail value: \$6). Approximate retail value per prize package: \$25; total approximate retail value for entire prize package: \$1,250. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE LOVE IS NOT ABUSE T-SHIRT SWEEPSTAKES (ANTM section, page 5): Complete and submit the online entry form at seventeen.com/abuse beginning at midnight ET, June 5, 2007, through 11:59 P.M. ET, July 9, 2007. Five hundred (500) winners will receive one (1) Love Is Not Abuse T-shirt from Liz Claiborne Inc. (approximate retail value: \$20 each; total approximate retail value of entire prize package: \$10,000). Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

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- ☐ Interior Decorating
- ☐ Legal Assistant/Paralegal

- ☐ Locksmith
- ☐ Medical Billing Specialist
- ☐ Medical Office Assistant
- ☐ Medical Transcriptionist
- ☐ Motorcycle Repair
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July horoscopes

by sally brompton

WEB EXTRA
Check out your horoscope every day at seventeen.com/horoscopes.

cancer

June 21–July 22

When you suddenly start craving a lot of attention, blame it on Mercury. But on July 14, an opportunity for you to take a leading role will come your way—either on your team, at work, or in a play. Don't shy away from the spotlight: Everyone wants to see you shine! 

leo

July 23–August 22

You've been in denial—but in July you'll have to face facts that a friend keeps letting you down. With Uranus, the planet of change, strong in your chart on July 11, though, you will be able to say goodbye. The timing is perfect: The new moon on July 14 brings a new friend into your life. 

virgo

August 23–September 22

Venus in your sign from July 14 means that romance is headed your way. That guy you like is interested, but you have to let him know how you feel—if you don't by the time Venus turns retrograde on July 27, he'll notice someone else. Move fast or miss out! 

libra

September 23–October 22

What started as a friendship a few months ago has been developing into something deeper, and this sweetie will drop a romantic hint on July 9. Don't listen to people who say that he's just a summer fling—this one is a Capricorn, so you two are perfect for each other. 

happy birthday!

cancer

cancer girl is:
Sensitive, sympathetic, and incredibly sweet.

your special trait:
You're a hopeless romantic.

your little secret:
You refuse to throw anything away.

best matches:
Virgo, Scorpio, Pisces.

best avoided:
Libra, Sagittarius, Aries.

lucky days:
July 11, 14, 29.

sagittarius

November 22–December 21

There is a big event coming up. And when the sun aspects Jupiter on July 3, you'll be tempted to spend like crazy on something hot for it. Don't waste your cash, though—you'll find an even better way to get everyone to notice you when the moon enters your sign on July 24. 

RESIST THE URGE TO SHOP!

aquarius

January 20–February 18

Some friends are planning a big bash this month. But when the moon enters your sign on July 2, you'll know you need to take charge—you have lots of creative ideas in that brain of yours. Make sure you throw the party on July 14: It will be a night people talk about for a long time. 

aries

March 21–April 19

You're particularly opinionated, and in July everybody will be hanging on your every word. But when you need to confront a close friend about an annoying problem, keep your mouth shut until after July 10, when Mercury moves in your favor. You'll become even closer than you once were. 

IT'S OKAY TO BE JUST A LITTLE BOSSY!

taurus

April 20–May 20

Usually you like to play it safe, but Mars in your sign will put you in an adventurous mood throughout July. The moon makes you extra competitive on July 8. And on July 20 a friend will persuade you to do something crazy—you'll feel nervous, but it will be liberating! 

scorpio

October 23–November 21

Your summer gig will have you on call 24 hours a day, thanks to Mars. But your hard work will pay off big when the sun changes signs on July 23. Someone with a lot of power will honor your devotion and reward you with a very special opportunity. Nice job! 

capricorn

December 22–January 19

You usually know how to play it cool—that's why guys will be showering you with attention in July. But a hot new guy will throw you off your game around the time of the full moon on July 30. He is more than just sweet and funny—he can also afford your expensive tastes! 

pisces

February 19–March 20

In July your social life will be booming—especially around July 4, when the moon enters your sign. But a few "friends" will show their true colors near July 24 and start a nasty rumor about someone. Walk away, or it won't be long until they're talking about you like that. 

You're having the best month!

THIS MONTH WILL BRING:



gemini

May 21–June 20

You've toiled over a big project and changed it a thousand times. This month present it to the world. Ignore critics who bash your work prematurely—you'll prove them wrong around the time Mercury changes direction on July 10, and they see it for themselves. 

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see page 3

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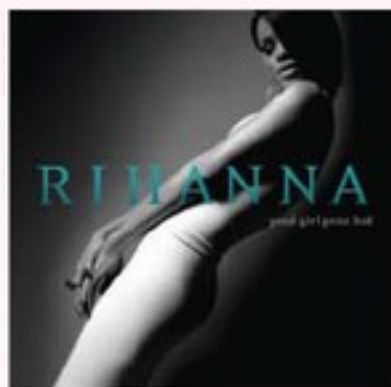
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The newest *Top Model* winner has a style that's sweet and sexy. (Here's what you'll need to re-create it!)

VIDEO

Go behind the scenes of Jaslene's visit to the *Seventeen* offices at seventeen.com/antm

try: CoverGirl Eye Enhancers Shadow in Mink, \$3, drugstores



try: CoverGirl TruShine Lip Color in Watermelon Shine, \$6, drugstores

try: CoverGirl VolumeExact Mascara in Black, \$8, drugstores

try: CoverGirl TruBlend Whipped Foundation in Classic Tan, \$6, drugstores



50 GIRLS WILL WIN ALL THIS COVERGIRL MAKEUP! SEE PAGE 116.

Win her HOODIE!

100 WINNERS!



SOUTHPOLE

Enter to win a Southpole hoodie just like Jaslene's!

Starting on 06/05/07 at 12 A.M. EDT, log on to seventeen.com/freebies to register. For details, see page 116.

behind the scenes

AND THE WINNER IS: At the time of the shoot, Jaslene still didn't know if she had won! She and the runner-up each had separate cover shoots to throw everybody off.

CROWDED HOUSE: There were more than 30 people on the Australian set watching the three-hour shoot!

TYRA'S TERMS: Ms. Banks insisted Jaslene's hair be left full and wavy.



GO TO

SEVENTEEN.COM/FREEBIES OR PAGE 116 FOR DETAILS.

SPRITZERS reader reward

FREE LIP GLOSS!

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Unwrap a little clean every day.



Always Thin Pantliners.

Have a happy period.

always

PHOTOS OF JASLENE: JORDAN DODDER; ON JASLENE (INSET): DRESS, VOOM BY JOY HAN; STILL LIVES: (LIPSTICK AND MASCARA) LISA SHIN; (ALL OTHERS) ARI C. MAYER.

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MODEL of *Courage*

It was hard to become America's Next Top Model. But Jaslene has had to overcome much more serious obstacles in her search for self-esteem. She shares her life lessons and some insider beauty tips that let her new confidence show!

You might think that beautiful Jaslene Gonzalez is a confident girl who gets everything she wants—from the hottest guys to the *America's Next Top Model* title. After all, she consistently took gorgeous photographs that the show's judges deemed “magazine-worthy,” and she was even called “cocky” by fellow contestants. But behind this 21-year-old's strut and smile is a deeply buried secret—Jaslene is still recovering from the emotional scars left behind by her abusive ex-boyfriend.

The one thing that got Jaslene through the terribly tough times was her teenage dream of one day becoming a model. With the help of her friends and family, Tyra Banks, and an all-important therapist, Jaslene has turned her life around, and she is well on her way to becoming a *role* model. ➡

By Carissa Rosenberg

Photographs by Jordan Doner

Highlight your
natural beauty!

"Sheer, subtle makeup
accentuates my features
and lets my inner
confidence shine through."

HOW-TO: For a soft and rosy glow, smile, then use your fingers to dab cream blush onto the apples of your cheeks and blend it in a circular motion up toward your hairline. When your skin is this glowing, all you need is a sheer gloss on your lips.

try:

M.A.C Blushcreme in Sweet William, \$18, maccosmetics.com

try:

CoverGirl WetSlicks Crystals in Tutu, \$5, drugstores

**WIN HER
T-SHIRT!**

Score one of 500
Liz Claiborne "Love Is Not
Abuse" tees. Turn the page
for more details. Then visit
seventeen.com/abuse
to enter. No purchase
necessary.



show off
your sexy side.

"Jewel-toned shadow makes me feel dark and sensual—it draws attention to my eyes."

HOW-TO: To get sultry eyes, blend a rich purple powder eyeshadow onto your lids from lashlines to just above the creases and along your lower lashes. Trace your upper lashline and the inner rims of your bottom lashes with a black eyeliner.

try:
CoverGirl Smoothers
Eyeliner in Onyx, \$5,
drugstores

try:
Giorgio Armani Beauty
Eye Shadow in #5, \$24,
department stores

17: When did you know that you wanted to be a model?

Jaslene Gonzalez: I've idolized Gisele Bündchen since I was 14. I'd be posing in front of the mirror in my room, staring at inspirational collages of her on my walls. (I think she's such a fierce girl!) Then when I was 16, the first cycle of *America's Next Top Model* came out, and I'd tell my mom, "I'm going to be on that show." But I was too young to try out. My heart was always set on being on *Top Model*.

17: You tried out for Cycle 7 too.

JG: My journey to become *America's Next Top Model* was very, very long. The minute I found out they were having auditions last year, I drove six hours to Cleveland, Ohio. I met with the casting director, got a callback, and then flew to L.A. to do the semifinals. But I only made it to the top 20. I had talked about my relationship with my boyfriend during auditions, and one day the executive producer pulled me to the side and said, "Jaslene, we believe in you. We just feel that you're emotionally destroyed from your relationship with your ex-boyfriend, and we want you to get some therapy, so you can get stronger and come back."

17: What happened in that relationship with your ex that was so destructive?

JG: I was with him for about four years, since I was a

teenager. We were friends way before we even got together. It was like a honeymoon in the beginning—I was in love. I mean, *in love* in love. Then after two years, he started saying things like, "You're not going anywhere" or "You're a cheater." He was always telling me he couldn't trust me. But the first time he ever laid his hands on me was the turning point in our relationship for me. I was shocked! I was like, "You say you love me so much and you're doing this to me?" Like most girls [would], I gave him a second chance, because I believed it wasn't going to happen again. But every time, it would get worse. It would start off with him slapping me. The second time it would be a punch. And the third time he'd spit in my face. I didn't know any better. I thought it was love—so he could treat me that way.

17: When did you decide to leave him?

JG: After I tried out for *Top Model* the first time, I started going for help, because I was a complete mess. I had a bad attitude and was always depressed. You could just see it in my face. Before I got into that relationship, I had a good head on my shoulders and walked with my head up high. But during that relationship, things went down little by little. It was such a dark moment in my life. It was horrible! Then I went to a therapist for seven months, and now I know how to prevent something like that from happening to me again.

17: What advice would you give a girl who's going through what you were?

JG: One of my friends is struggling with the exact same thing, and I'm there for her 24/7. I can give so much advice, but it starts within yourself. You need to get help. Talk to somebody, because once you talk about it, you hear it, and then you understand what you're going through. That's what it took for me to let go.

17: Have you learned anything about yourself from watching episodes of *America's Next Top Model*?

JG: I couldn't believe how mature, strong, and confident I've grown. I definitely broke down along the way, though. I wasn't having my rest or eating the food I wanted to eat. So I mentally gave up, but I still did what I had to do. I think perseverance is the key to success. There were so many roadblocks for me, but I overcame them all. **17**

LOVE IS NOT ABUSE.

If you or a friend is in a relationship where there is a pattern of controlling behavior that includes verbal or physical abuse, call the National Teen Dating Abuse Hotline at 866-331-9474 to talk to a trained professional. To learn more about ending dating violence and abuse, visit loveisrespect.org.



Dare to
be bold!

"Bright lip colors really get noticed—I feel like a strong, self-assured woman when I wear them."

HOW-TO: Make your lips totally pop by swiping a raspberry gloss all over using a wand that's angled at the end for precise application. And for eyes that stand out, dust a light golden shadow onto your eyelids from lashlines to creases.



try:
Lancôme Color Fever
Gloss in Volcanic Pink,
\$22, sephora.com



try:
CoverGirl 1-Kit Eye
Enhancers in Golden
Sunrise, \$6, drugstores

*Don't hide
behind your hair!*

**"Pulling my hair away
from my face shows
people I'm comfortable
with my looks."**

HOW-TO: Show off your face by
combing your hair back to form
a sleek ponytail and securing
it at your crown with a colorful
elastic. Spray a high-hold
hairspray onto your palms, then
run them over your hair to
smooth down any flyaways.

try:

All The Rage Dice Hair
Elastic, \$8 each,
alltherageonline.com

try:

Herbal Essences
Set Me Up
Hairspray, \$4,
drugstores

Fashion Stylist: Christine Baker for
Raybrown.com
Hair: Diego Americo for Redken/Cutler
Makeup: Gita Bass for NARS

HER BEST SHOTS

The proof is in the pictures—one look at Jaslene's photos and you can see why she won the coveted title of America's Next Top Model.



SEXY

Jaslene turned up the heat at this South Beach-inspired photo shoot. *Caliente!*



STRONG

Looking as if she's straight out of *Kill Bill*, tough-as-nails Jaslene proves you can be beautiful *and* still kick butt.



VERSATILE

In this cross-dressing shoot, the judges raved Jaslene was totally hot—even though she was supposed to be a guy!



INTENSE

She's decked out as the stereotypical high school misfit—but something tells us Jaslene wouldn't be hanging out *alone* under the bleachers looking like she does!



COMMANDING

The true sign of a supermodel in the making? Jaslene is surrounded by other women in this tribal shot, yet you can't take your eyes off *her*.

TOP MODEL

where are they now?

These contestants have gone on to big-time careers in modeling, TV, and movies. Tyra must be so proud!

“Being a model is what I’m meant to do. This industry is wicked. It’s crazy. But I can handle it!”

—CARIDEE

CARIDEE
Cycle 7 Winner

CariDee English—the first winner to be featured on the cover of *Seventeen*!—has been busy filming commercials for CoverGirl and acting as a **spokesperson** for the National Psoriasis Foundation.



cover girl
CariDee’s bright yellow lollipop was lemon-flavored!

WINNER!

name game

You may remember her as Danielle on *ANTM*, but now she’s just Dani.

DANI
Cycle 6 Winner

Dani Evans has walked the runway for designers like Baby Phat and Zang Toi, and she has been featured in the magazines *Elle* and *Essence* (to name a few). She even starred in a **CoverGirl** commercial with **Queen Latifah**!

WINNER!

BABY PHAT FASHION SHOW

ADRIANNE
Cycle 1 Winner

After *ANTM*, Adrienne Curry moved into VH1’s *The Surreal Life* house, where she met her dream man, *The Brady Bunch*’s Christopher Knight. They were married on their reality series, *My Fair Brady*, and now Adrienne has her own radio show on Nowlive.com.

WINNER!

TURN for more Top Model news →

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take off that mask!
and let your skin breathe with
clean makeup
clean lets your skin breathe, and you get a
fresh, healthy look. Pressed powder and water-
based liquid makeup won't clog pores. And it's
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to help keep skin beautiful and breathin' easy!

Text **clean** to 24475 (CGirl) for VIP
access—get deals, tips & freebies!



New CoverGirl Keri Russell wears **clean makeup** in Natural Ivory
*Standard or other text messaging rates may apply. US only. ©2007 Novell Corp.

cause célèbre

Mercedes, who suffers from lupus, gave a speech at an event for the National Lupus Foundation of America.

MERCEDES

Cycle 2 Runner-up

Mercedes Scelba-Shorte is working her girl-next-door looks, **modeling** for major companies, like **Target**, Kohl's, Payless ShoeSource, and Dell!



WAL-MART FASHION SHOW

WINNER!

GRIMALDI GIARDINA FASHION SHOW

double duty
Nicole has worked the runway during L.A.'s Fashion Week and hosted style segments on VH1.



NICOLE

Cycle 5 Winner

Nicole Linkletter has scored **serious** frequent-flier miles: She has modeled in **New York, L.A.**, and Tokyo, and for designers **Bebe**, Alice + Olivia, and Rozae Nichols.

THE LOOK FOR LESS

off the rack

Yoanna helps you get designer looks on a budget!

YOANNA

Cycle 2 Winner

Yoanna House has turned her win into a **TV** career. She has been the host of Style Network's **The Look for Less** since 2005.

WINNER!

work it!
Eva caught Terrence Howard's eye during the BET Awards.



DEBORAH LINDQUIST FASHION SHOW

WINNER!

EVA

Cycle 3 Winner

Eva Marcille is a triple threat! She models, has hosted **BET's My Model Looks Better Than Your Model**, and appeared in *I Think I Love My Wife* with **Chris Rock**.

YAYA

Cycle 3 Runner-up

Yaya DaCosta is now a rising **actress**. Last year she starred with Antonio Banderas in the film **Take the Lead**, and she has two more movies in the works!



MERCEDES: ("CAUSE CÉLÈBRE") COURTESY OF LUPUS FOUNDATION OF AMERICA, INC.; (RUNWAY) MICHAEL WATTS/WIREIMAGE.COM; (INSET) MASSIMO OSTOLU/UPN. NICOLE: (RUNWAY) JIM DE VON HENR/UPN; EVA: ("WORK IT") MICHAEL CAULFIELD/WIREIMAGE.COM; (RUNWAY) SOREN MCCARTY/WIREIMAGE.COM; (INSET) THOMAS CORCORAN/WIREIMAGE.COM; YAYA: (TAKE THE LEAD) NEW LINE/THE KOBAL COLLECTION/HAYES; NEW LINE/THE KOBAL COLLECTION; (INSET) TROY WOOD/UPN; YOANNA: ("OFF THE RACK") COURTESY OF THE STYLE NETWORK; (INSET) SASCHA PELAEZ/ABC.



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When you're strong, you sparkle.



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expressions

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arctic apple

Arctic
Apple

jasmine orient

vanilla chai

afrikan violet

kuku coco butter

AMERICA'S NEXT TOP MODEL

TRAUMARAMA!

Even models have humiliating moments.



WHITNEY

walk of shame

“During the semifinals I was coaxed by the girls to add some super-**dramatic**, super-sexy, and totally **goofy** runway walk that showed every **jiggle** and bounce on my entire body. As **luck** would have it, that ridiculous walk made it into the first episode and was in **every** commercial for the show. ”

fall from grace

“When we were doing our Sears challenge in Episode 5, they were counting **down** the time clock for us to make our store window display. We had to be the mannequins and add props to create a scene. I was **running** toward the table with products when I slipped and literally **flew** in the air and fell on my hip bone and arm. *Ouch!* There was a similar situation in Episode 6, when we had to put together an outfit from a rack of clothes in front of us as we were being timed. Again—I flew to the rack (in **heels**, mind you) and fell right on my **butt!** ”



JASLENE

TURN for more traumas! →

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Where to next?



theworldisyours.com



SARAH



harry situation

“I **scratched** my cornea while I was in the makeup chair one day, so I couldn’t wear my **contact lenses** for a week. My glasses looked so **geeky** that everyone was calling me **Harry Potter!**”

WEB EXTRA
Read a new trauma every day at seventeen.com/trauma.

tyra trauma

“During the semifinals, we were at a park in L.A., when **Tyra** came out stepping with her crew. She asked **questions**, then pointed in my direction. I replied with, ‘Ma’am, yes Ma’am!’ Then Tyra yelled, ‘**Not** you—you!’ Meaning that she wasn’t talking to me, she was talking to the girl **next** to me! Oops!”

DIONNE



THE MOST MORTIFYING MOMENTS

Our favorite embarrassing and totally cringeworthy scenes from Cycle 8:

BIG DIS



After Jael wouldn’t leave 50 Cent alone at a party, he pushes her into a pool—fully clothed!

TMI PHONE CALL



Natasha ridiculously meows during a near phone-sex convo with her hubby—for the whole world to hear.

BEST BREAKDOWN



When ice queen Renee is confronted about her bitchy ways, she *completely* loses it and sobs uncontrollably.

HUMILIATING SHOOT



The girls shed all their clothes for photos. All that’s covering them? Candy and ice cream!

